BIM/ED

BROTHERHOOD OF MAINTENANCE OF WAY EMPLOYES DIVISION of the International Brotherhood of Teamsters

J O U R N A L



Volume 123 ■ Number 1 www.bmwe.org January/February 2014

Amtrak Contract Decision Imminent

PRLBC Await Neutrals' Ruling

After more than three difficult years of negotiating with Amtrak, a contract is imminent. The Passenger Rail Labor Bargaining Coalition (PRLBC) won a major victory last fall when Amtrak was compelled to agree to binding arbitration. The arbitration agreement required a certain time line for presentation by each party and then a final and binding decision by the three neutrals. Arbitration proceedings have ended, and now the parties wait for the neutrals' final decision, which may come before this BMWED Journal reaches the mailbox

The BMWED and its coalition partner, Brotherhood of Railroad Signalmen (BRS), joined together to form the Passenger Rail Labor Bargaining Coalition. Between the two Unions, almost all of Amtrak's engineering department employees negotiated together as one bargaining unit.

Amtrak and the PRLBC began discussing the possibility of a binding arbitration agreement last July, and the parties signed the agreement in September. The dispute was supposed to be resolved and a contract in place by January 1, 2014, however, scheduling issues of the three neutrals delayed the proceedings until January 6, 2014. Although the PRLBC was adamantly opposed to the delay, it was ordered over their objections. Despite the delay, a decision should be rendered by March 1, 2014.

The three neutrals that will render a final decision are Chairman Ira Jaffe, Board Member Herbert Fishgold and Board Member Shyan Das. Their decision will be final and binding, and not subject to appeal or membership ratification.

Amtrak, Continued on Page 10



Members of the Passenger Rail Labor Bargaining Coalition, which includes officers of both the BMWED and the Brotherhood of Railroad Signalmen, gathered in Washington, D.C. in January for arbitration proceedings with Amtrak. A decision on a contract, rendered by three neutrals who led the proceedings, should be known by March 1.



Pennsylvania Federation Chairman Jed Dodd presented a compelling argument to the neutrals on behalf of BMWED Amtrak workers in January.

Wyman Eugene Cheek

Wyman Eugene Cheek passed away Jan. 4, 2014 at Oklahoma University Hospital in Oklahoma City, Okla. Born June 6, 1949, he was 64 years old.



Brother Cheek went to work for the former Santa Fe Railroad in June 1968. He took leave in May 1969 to serve in the military and returned at the end of his tour of duty. He spent 42 years in the Bridge and Building Department at Burlington Northern Santa Fe before his retirement in 2010.

He served as President of the Atchison, Topeka & Santa Fe Frisco

Federation Local Lodge 2408 for nearly 14 years prior to his retirement

He is survived by his wife, Judy; daughters, Tara Woods and Bria Shepard; and granddaughters, Dorothy Shepard and Sierra Woods. He is also survived by a number of other relatives and many friends.

"On behalf of the BMWED, I would like to extend our deepest condolences to Brother Cheek's wife, Judy and the rest of the family," said BMWED President Freddie Simpson. "His service to our Union for more than a decade can never be repaid."

LOCAL LODGES

Please notify the BMWED National Division of the passing of any retired BMWED member.

Call (248) 662-2660

extension 636.

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January/February, 2014 BMWE DIVISION JOURNAL VOLUME 123 NUMBER 1
The BMWED Journal is the official news publication of the Brotherhood of Maintenance of Way Employes Division of the International Brotherhood of Teamsters

Freddie N. Simpson

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Perry K. Geller, Sr.
Secretary-Treasurer

C. Clark Ballew Associate Editor

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Amtrak Contract Decision Eminent PRLBC Await Neutrals' Ruling Wyman Eugene Cheek Neil J. Marquar William J. "BIII" Pavlick RRB Labor Member Announces Pre-Retirement Seminars for Rail Workers, Spouses Brotherhood Awards 2013 BMWED Scholarships How BMWED Has Impacted My Life BMWED Scholarship Essays Extending Long-Term Unemployment Benefits is Essential The James R. Hoffa Memorial Scholarship Fund 2014-2015 Retirement Changes During 11/01/2013 To 12/31/2013 Death Benefit Department BMWED Legislative Issues— 113th Congress A New Year Means New Elections	1 2 2 2 3 4 5 6 6 7 7	Your Heart Health 9 - 10 BMWE Gains Another Whistleblower Victory Against Norfolk Southern Railroad 11 Recognizing the Symptoms of Depression 11 A Vice President Speaks 12 BMWED Directory 13 - 16 Legal Aid Program List 17 President's Perspective 18 Roll of Honor 19 A Reminder on Holiday Rules 19 Secretary-Treasurer's Report 20 Wisconsin Central and the Duluth, Missabe & Iron Range System Division Merge 20 FAMES 21 - 22 Around the Brotherhood 23 - 24 At the Colorado Railroad Museum, Brother Art Mitchell takes on volunteering with a full head of steam 25 - 26 BMWED Online Store 2
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Neil J. Marquar

Neil Marquar passed away Friday, Nov. 15, 2013 in New Orleans, La. Born May 13, 1951, Neil was 62 years old.

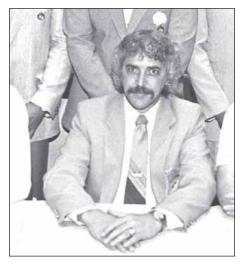
Neil made his home near New Orleans for most of his life before moving to Nashville, Tenn. to serve as a full-time Union officer. He had moved back to the area and was a resident of Ponchatoula, La. at the time of his passing.

Neil was proud of where he was from and loved the New Orleans area. He was a fierce New Orleans Saints and LSU Tigers fan. He lived life to its fullest and never met a stranger.

He leaves behind a daughter, Melissa Marquar; six brothers, Buck, David, Gary, Ricky, Danny and Paul; and numerous nieces and nephews. He was predeceased by his mother, Doris Marquar Lizana.

He began his career on the former L&N Railroad, M&NO Seniority District, in the Bridge and Building Department, and became a member of the BMWE on November 8, 1971. A number of Neil's relatives worked for L&N and later CSX, including two brothers, David and Ricky, both Drawbridge Tenders.

He was active in Local Lodge



916 for a number of years and was elected to serve as Vice Chairman for the former Dixie Federation in 1980, serving in that capacity until 1984. He was then elected to serve as General Chairman and held that position from 1984 until 1994. Neil made an impact on the BMWE and loved serving the membership.

"I worked with Neil for many years and considered him a friend. He cared deeply about our Union and worked tirelessly for the membership during his time as an officer," said BMWED President Freddie Simpson. "I speak for the entire BMWED membership when I extend our heartfelt condolences to Neil's family," added Simpson.

William J. "Bill" Pavlick

William J. "Bill" Pavlick passed away at his home in Mountain Top, Pa. Jan. 20, 2014 after a lengthy illness. He was 58.

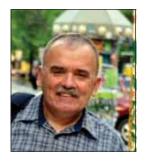
Brother Pavlick was a member of the Pennsylvania Federation Local Lodge 935 and a former officer of Local Lodge 275 before its merger with 935 in April 2013. He was a very active and loyal advocate of the Brotherhood and remained a proud Union brother throughout his life.

Brother Pavlick began his railroad career on June 1, 1976 with the Consolidated Rail Corp. (Conrail) and finished with Norfolk Southern. He worked all across the system and had many friends on the railroad.

"The best way to sum up Bill is to say that not only was he a good Union person, but, best of all, he was an all-around good person," said Lodge 935 Secretary-Treasurer Michael Petrucci.

An obituary published in the

local newspaper said Brother Pavlick loved his family, wife, Joan; two daughters, Meredith

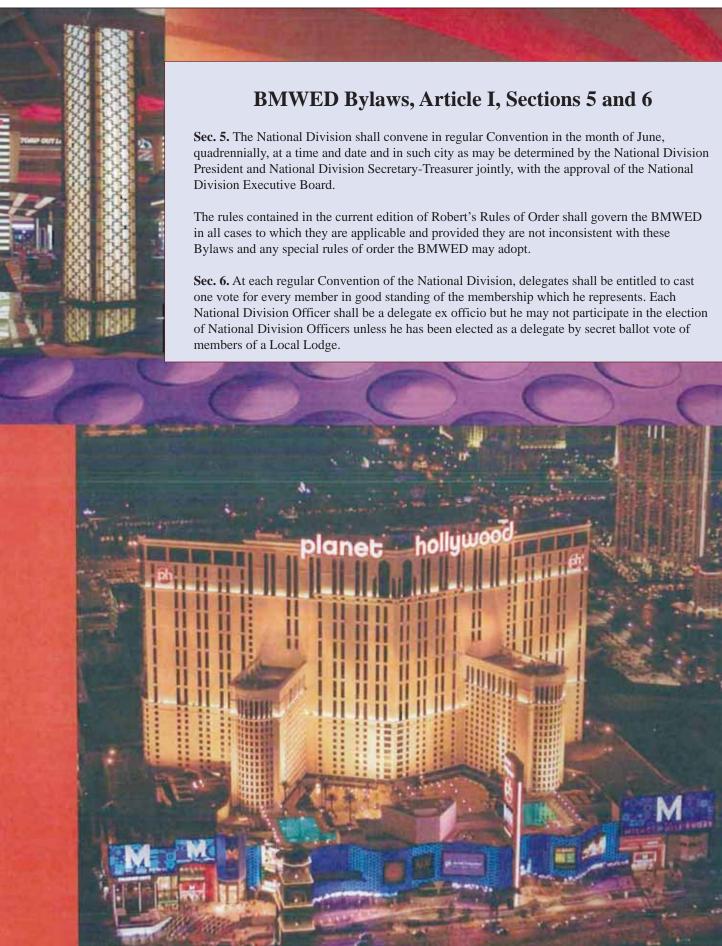


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and Shelby; and his son, Matthew. He was also a proud member of the Mountain Top Fire Company.

"Brother Bill was a fine railroader and Union man, as well as a friend to many across the Brotherhood," said BMWED Secretary-Treasurer Perry Geller Sr. "Our deepest condolences go out to his wife and children and his many friends. He will be greatly missed."







Third Regular Convention of the Brotherhood of Maintenance of Way Employes Division Announced

The Third Regular Convention of the Brotherhood of Maintenance of Way Employes Division of the International Brotherhood of Teamsters will be held June 23 - 25, 2014, at the Planet Hollywood Resort and Casino in Las Vegas, Nevada. More information will be provided as the Convention dates approach.

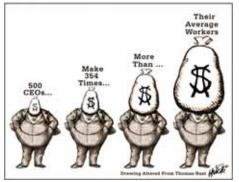
RRB Labor Member Announces Pre-Retirement Seminars for Rail Workers, Spouses

Railroad employees and their spouses closing in on retirement will be able to learn the latest benefit information and application requirements as part of a new program announced by Labor Member of the U.S. Railroad Retirement Board (RRB) Walter A. Barrows.

Designed for railroad employees and spouses planning to retire within five years, the new Pre-Retirement Seminars will familiarize attendees with the retirement benefits available to them and guide them through the application process. Individuals who have not previously submitted documents required when filing a railroad retirement annuity application, such as proofs of age, marriage or military service, are encouraged to bring this material to the seminar.

The program will begin this year on a pilot basis, with seminars planned for St. Louis on April 4, Omaha on May 16 and Huntington on June 20. Additional details regarding registration and locations will be announced soon.

RRB field personnel will lead the Pre-Retirement Seminars, which will be held from 1:30 p.m. to 3:30 p.m. On those same dates and in those same locations, Informational Conferences sponsored by the Office of the Labor Member will be conducted from 8:30 a.m. to 12:15 p.m. for invited rail labor representatives.





JANIARY/FEBRUARY 2014

Brotherhood Awards 2013 BMWED Scholarships

The Brotherhood is pleased to announce the two winners of the 2013 BMWED Annual Scholarship Award. BMWED scholarships were recently awarded to Sarah M. Brown and Clark V. Pohlmeier. Each scholarship award is in the amount of \$2,000.

Sarah M. Brown, 17, of Hokah, Minn., is currently a student at Aquinas High School in LaCrosse, Wis. Brown will graduate high school in May 2014. She plans to pursue a bachelor's degree in criminal justice with a

minor in dance at Winona State University.

Brown is the daughter of Thomas D. Brown, BURL Lodge 1965 from Hokah, Minn. Thomas Brown works for Canadian Pacific Railway and has been a member of the BMWED since 1975.

Brown participates in many extra-curricular activities, including dance, track and riding and showing horses. She is a Blugold Ambassador at her school, where she welcomes and guides new students and school visitors.

"The union has given me so many opportunities to do things like dance, sports and riding

horses," said Brown. "We are very aware of unions in our area. My dad even owns union made jeans. It's really important to us.

Brown also volunteers for several organizations. She is a member of the IMPACT club at her school, a student-led community service group. Brown has also volunteered for causes including animal rescue, cancer research, Meals on Wheels, the Lions Club, the Knights of Columbus, the Salvation Army

"My dad has taught me that unions help provide fair wages, safe working conditions and retirement protection," Brown said. "The union gave my dad a secure job so I can excel in my activities without worry."

Her career goals include becoming a police officer and obtaining a master's degree. She hopes to obtain a highlevel position for the military police, the state police or the police department of a large metropolitan area.

"It's a big honor for me to receive the scholarship. It will really help me out with college, and I really appreciate it," Brown said.

Clark V. Pohlmeier, 18, of Grand Island, Neb., currently attends Northwest High School in Grand Island, Neb. Pohlmeier will graduate in May 2014. He plans to attend University of Nebraska at Kearney to pursue a bachelor's degree in supply chain management.

"I was excited when I found out I was a scholarship recipient," Pohlmeier said. "It was good to know that my hard work paid off."

Pohlmeier is the son of Wayne F. Pohlmeier, BURL Lodge 1214, from Grand Island, Neb. Wayne Pohlmeier

works for BNSF Railway and has been a member of BMWED for more than thirty years.

Pohlmeier said the union impacts his life in many ways, most prominently because of his father's wages, benefits, job security and safe working conditions. According to Pohlmeier, this helps his family in



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today's difficult economic times.

"The union has given my dad many opportunities for our family to have a better life," Pohlmeier said.

Pohlmeier participates in activities including track, intramural sports, choir, theater and teaching children's swimming lessons. He is a member of Future Business Leaders of America and National Honor Society.

Pohlmeier's future career goals include obtaining a job in the logistics or supply chain field and becoming the head of a distributing corporation.

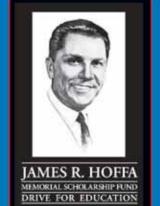
"I'm extremely humbled to be chosen out of all of the scholarship applicants," Pohlmeier said. "I feel very grateful."

TurboTax Discount For Teamsters



TurboTax 🗸

Teamster households now have access to a leading brand of tax preparation software, TurboTax, at a discount of up to \$20 off the price of Federal products. A portion of the price paid for the TurboTax product will be donated to the James R. Hoffa Scholarship Fund.



TurboTax products feature:

- A step-by-step interview with easy-to-understand questions;
- Forms automatically filled out using your answers; and
- 100 percent accurate calculations guaranteed.

Keep more of your hard-earned money this tax season. You can access Teamster TurboTax website at http://turbotax.intuit.com/affiliate/teamster



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HOW BMWED HAS IMPACTED MY LIFE

BMWED Scholarship Essays

BMWED is proud to announce our 2013 Scholarship Award winners in this edition of the *Journal*. The quality of this year's applications made the selection process challenging.

The BMWED Scholarship requires each applicant to submit an essay of 300 words or less describing "How the BMWED has impacted my life." Below are some selected excerpts drawn from student essays submitted with their BMWED Scholarship applications. All excerpts are from children and dependents of BMWED members. The National Division Officers take this opportunity to congratulate all the applicants for their insightful observations about the role of BMWED in their lives.

"The BMWED has impacted my life in several different ways. My father has been employed by Union Pacific for thirteen years. Throughout those years, my father had job security through the BMWED and benefits which covered our entire family. These instances show that the BMWED has greatly affected the lives of everybody in my family for which we are grateful."

* * *

Robert V. - Yuma, Va.

"The BMWED has not only impacted me, but everyone around me. Unions provide rights to ensure fairness to the workers throughout the workplace. My stepdad has been a part of a union since he graduated from college. His benefits and better wages are what help provide me with all the opportunities I have today. Because of the work of unions, we have been able to live a comfortable life, rather than having to struggle like many American families."

Aleka B. - Cumberland, Mass.

"My step-dad has worked for the Union Pacific Railroad for three years. In the beginning he worked in our hometown, but then within a few months he started to travel. It was weird to have him home for a week then gone for a week. I see how serious he takes his job and how much he loves it. It has shown me that in order to provide for a family sacrifices need to be made even if that means having to be away from your loved ones, and working long hours."

Mikala C. - Fairbury, Neb.

* * *

"The impact BMWED has had on my life can't be measured by myself alone. It has provided my family with the enjoyments of quality health insurance, vacation time to spend with each other, an exquisite wage, and retirement savings for my parents, job security, and many other blessings that are not afforded or reachable to many people in this world. I am educated today because my family has instilled in me the importance of labor unions like BMWED, and what they can provide for many hard working men and women."

Jeffrey S. - Hendersonville, Tenn.

* * *

"The BMWED Union has impacted my life by protecting my father's job. This union provides a stable income for my father that contributes to our family. The BMWED has established health benefits that keep my family and me healthy and well. The BMWED union enforces the importance of quality work and wages for an honest day's work. The BMWED union makes sure all the working environments are safe so that all workers are able to return home to their families safely."

ChyAnn K. — Four Oaks, N.C.

* * *

"To really show how the BMWED has impacted my life I would like to paint a picture of my life without them in it. In this picture my dad is still a welder for Union Pacific Railroad. However, there is not the BMWED to protect his wages, job security, and job benefits. Without health insurance, Dad just does not make enough money to take me to the doctor. I get into high school and I am unable to join as many extracurricular activities such as sports, band, and the National Honor Society because the costs start to add up and I am not an only child. Good thing none of this is true. In reality, because of the BMWED, my father has higher wages and better health insurance. These translate into a higher standard of living for my family and me, which in turn gives me greater opportunity and potential to succeed."

Isaac M. - Baker City, Ore.

* * *

"...I took this assignment as an opportunity to finally attempt to understand the nature of my dad's

work as a brick mason for the railroad. We ended up having a long discussion about the public sector and the arduous, dangerous nature of his work. That discussion with my dad, while answering many of my questions, motivated me to attempt to understand more about the central aspects of our lives as middle class Americans. Without realizing it, before I was nineteen years old, my dad's membership in the BMWED impacted not only my career path, but also my whole life leading up to that point: work ethic, quality of family life, education, and capacity to appreciate the labor movement."

Jacklyn M. - Philadelphia, Pa.

* * *

"The BMWED has impacted my life in a positive manner that has ultimately led me to majoring in nursing. My grandfather is a retired railroad track maintenance worker and BMWED member of 38 years, while my stepfather is an active BMWED member of 10 years. The BMWED has provided them with many opportunities to participate in the union and their engagement in these opportunities has instilled within them BWMED's virtues of honest, hard work and compassion as well as equality for all. In short, my grandfather and step-father's experiences as BMWED members ingrained within them the desire to work to put the needs and interests of working class people first."

Ashley C. - Berkley, Mich.

"My step-dad is the active member of BMWED in my family. Without the opportunities of this organization a lot of accomplishments in my life would not be possible. In my family my step-dad is the provider. The money my stepdad makes is enough to support our family as well as send me to college. The BMWED has made it possible for me to attend college without student loans. This organization has made many opportunities possible for my family, especially me."

Kylie W. – Knoxville, III.

* * *

"This higher-paying job at the union with solid hours and benefits will help ensure that I get a good college education as he and my mom are better able to support me financially. Therefore helping me for the rest of my life as my higher education allows me to build a career in engineering.... The BMWED Union has given my family support and happiness that we

otherwise would never have achieved."

Taylor E. - Laurel, Mont.

"I currently hold the position of Track Foreman in the maintenance gang where I have been employed for four years. It was very important to me to find a job with union negotiated benefits. Furthermore, with Track Foreman being a BMWED position, I was able to move up quickly from Trackman. At a time when jobs are scarce, the rail industry is hiring providing for even more union jobs and adding membership to the BMWED, which will help keep this union strong. Therefore, the BMWED has provided me and my family with the ability to live comfortably due to the union negotiated wages and job security."

Keith K. - Niverville, N.Y.

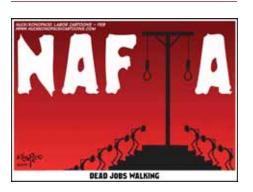
"My Granddad worked for the railroad for 35 years and retired in December of 2011. My Granddad would go on strike once in a while when the union was trying to get things better off for the railroad employees. He went on strike while the BMWED and the railroad worked out a contract that would get their employees higher wages, better benefits and job security. The BMWED made sure that the wages were acceptable and they also helped make sure that retirement pay would be of a benefit to the employees."

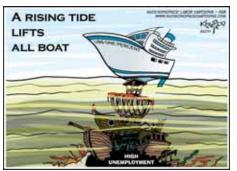
Brittney W. – Taylor, Texas

★ ★ ★

"I know by my dad having a job on the railroad was the only way I made it through these past four years."

J. Nobles - Atlanta, Ga.





Extending Long-Term Unemployment Benefits is Essential



James P. Hoffa, General President, International Brotherhood of **Teamsters**

Congress erred in December when it approved a budget compromise that did not extend longterm unemployment benefits for some of the nation's most vulnerable citizens. Across the U.S., 1.3 million people lost their benefits on Dec. 28, and that number will grow as more people surpass the lower threshold for the program. For most, that is 26 weeks.

The problem is not with the American worker. Time and time again, men and women with middle-class dreams have stepped up and done as they were supposed to do at the workplace. Many took cuts to both their salaries and retirements and took on added responsibilities as needed. But due to the implementation of bad trade

policies like NAFTA, their jobs were increasingly shifted overseas and these hard workers were left with two options - bad and worse.

The federal government needs to support hardworking Americans who are having a tough time getting back on their feet in an economy that is still unforgiving for many in the middle class.

What can't be allowed to happen is letting millions of people fall by the wayside. Besides the 1.3 million who have lost unemployment benefits already, an additional 73,000 people a week will lose benefits as well. Beyond those initially affected, there are an additional 3.6 million who will get less aid than they would if the program isn't extended.

GOP leaders in the House and Senate need to step up and do what is right. For years, they have focused their efforts on helping corporate cronies looking for tax breaks whose companies in turn take in record profits and then sit on them and pay bonuses to their top executives. They don't create jobs.

Republicans should stop trying to divide the nation on this question of giving assistance to those still looking for work. This is a situation that knows no color, education level or income bracket. Leaving the unemployed holding the bag is not a solution that betters America.

Make sure you...

- · Do not send the application directly to the Scholarship Fund.
- · Send the completed application to your Local Union, System Federation or National Division.
- · Do not send any I.R.S. statements or W-2 forms. The Scholarship Fund will not accept these documents.
- · Do not send a picture.

QUESTIONS AND CORRESPONDENCE

Due to the large number of applicants for this program, applicants are encouraged to get help from their high school counselors to complete all the requirements.

If an applicant needs additional assistance, please contact the Scholarship Fund at this address:

JAMES R. HOFFA MEMORIAL SCHOLARSHIP FUND 25 Louisiana Avenue, NW Washington, DC 20001 Phone: (202) 624-8735 E-Mail: scholarship@teamster.org

REGULATIONS GOVERNING USE OF SCHOLARSHIPS

Recipients must attend a U.S. college accredited by one of the six Regional Accrediting Commissions of Higher Education associated with the American Council on Education or a Canadian school which has membership in the Association of Universities and Colleges in Canada.

Furthermore, recipients must attend an accredited institution that charges tuition. A recipient may not utilize this scholarship while attending a tuition-free institution such as a military academy.

If the recipient is unable to attend college due to an illness certified by a physician, the scholarship will be held in abeyance for not more than one year. If schooling is interrupted by military service, scholarships will be held in abeyance for not more than two years, unless the military service is of such a nature as to warrant special consideration beyond that time. When returning from military service, the scholarship recipient must notify the Scholarship Fund and apply for readmission within 90 days and return to school within six months thereafter.

Scholarships will be renewed on an annual basis. The recipi-ent must maintain an academic average consistent with the schol-arship requirements of the institution attended. The recipients

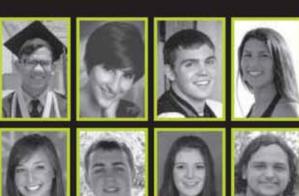
must maintain a B average (3.00 on a 4.00 scale).

Each year an inquiry will be made of the Teamster Member Relation's status with their local union. Suspension from Teamster membership for non-payment of dues or for any other reason will result in forfeiture of the scholarship. The scholarship fund was established as a non-profit, stand

alone, charitable incorporated organization (501(c)3 identification #52-2206826) which will raise significant money from affiliates and outside sources to award Teamster dependents greater scholarship opportunities than have been possible in the past. Although children represent less than 25 percent of the population in our countries, they are 100 percent of our future!



JAMES R. HOFFA became a Teamster member in 1934 and served as General President for 14 years, and, in recognition of his tireless service to the Union and its members, was honored as General President Emeritus for life. At the November 1999 General Executive Board meeting, General Secretary-Treasurer C. Thomas Keegel presented a resolution to establish the w scholarship fund



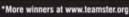










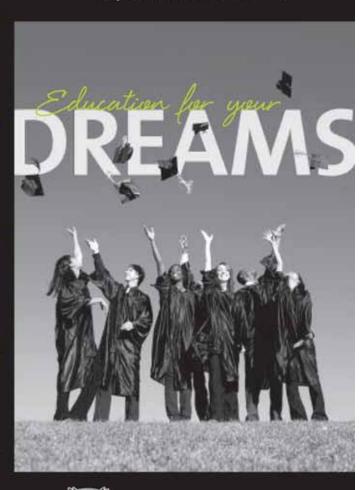


The James R. Holfa Memorial Scholarship Fund 25 Louisiana Ave., NW Washington, D.C. 20001 Phone: (202) 624-8735 E-mail: scholarship@teamster.org Web: www.teamster.org

THE JAMES R. HOFFA MEMORIAL SCHOLARSHIP FUND

ACADEMIC YEAR SCHOLARSHIPS

For High School Seniors who are Children or Dependents of Teamster Members



For more information, contact your local Teamsters union office or visit www.teamster.org

Forms necessary for application can be found on the BMWED website at www.bmwe.org, or on the Teamster website at teamster.org/benefits/jrh-scholarship.

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RETIREMENT CHANGES DURING 11/01/2013 TO 12/31/2013

	DULLY LAVELLO	*** August 2001			00/04/0004	ARTHUR L BLIZZARD	ASF	0532	NS	09/04/2013		* November 2013		51105	44 104 10040
	BILLY L WELLS	SOU	0808	NS	08/01/2001	LARRY L KOZAK	CRSF	1234	NS	09/04/2013	STEVEN E ZIMBELMAN	BURL	1320	BNSF	11/01/2013
						TERRY L BODEY	PENN	3017	NS	09/04/2013	DUNCAN K BARTHOLOMEW	BURNOR	0297	BNSF	11/01/2013
*** December 2012 ***				LARRY J HALE	ASF	0599	NS	09/07/2013	BRIAN L ECKART	BURNOR	0303	BNSF	11/01/2013		
	FRANCISCO F FUENTES	BURL	2857	NIR	12/31/2012	ARNOLD E BURROWS JR	PENN	3084	NS	09/07/2013	THOMAS H FENNER	BURNOR	0249	BNSF	11/01/2013
						JAMES R SUDLOW	CRSF	1664	NS	09/27/2013	MARK W KUHNHENN	BURNOR	1326	BNSF	11/01/2013
						TONY A ROSALEZ	BURL	1074	BNSF	09/29/2013	JAMES D LARKIN	CRSF	1363	NS	11/01/2013
		*** February 2013				JOHN J VANCE	CRSF	1362	NS	09/30/2013	ALAN H MULL	SOU	0536	NS	11/01/2013
	RODOLFO S LARA	USD	0107	UP	02/01/2013	WILLIAM D CHRISTENSEN	USD	0437	UP	09/30/2013	DANNY R OVERBY	ASF	0572	NS	11/02/2013
											DONALD J BIGGS	BURL	1320	BNSF	11/02/2013
		*** March 2013				1	* October 2013				JOHNATHAN D HORN	BURL	1832	BNSF	11/02/2013
	J S TRICE	SOU	8080	NS	03/01/2013	ALAN W CASE	BURL	1142	BNSF	10/01/2013	DOUGLAS L JOHNSON	BURL	1320	BNSF	11/02/2013
						FRANK LOPEZ	BURL	1351	BNSF	10/01/2013	JOHN A JARRELL	CRSF	1900	NS	11/02/2013
		*** May 2013 *				THOMAS R JONASEN	BURNOR	0320	BNSF	10/01/2013	DANNY PERRY	CRSF	1900	NS	11/02/2013
	VICTOR M GARIBAY	BURL	2857	NIR	05/16/2013	RICARDO Q AGUIRRE	CRSF	1363	NS	10/01/2013	TERRY W ADKINS	SOU	0660	NS	11/02/2013
	MARTIN L CORBIN	USD	0692	UP	05/30/2013	JOHN R HAYES	CRSF	0505	CSXT	10/01/2013	MARIAN CLEWIS	AF	2161	CSXT	11/05/2013
	SERGIO U SORIANO	USD	0227	UP	05/31/2013	WALTER B HALES	SOU	0585	NS	10/01/2013	D C SECRIST JR	ASF	0577	NS	11/05/2013
						JAMES H TAYLOR	SOU	2838	NS	10/01/2013	TIMOTHY A CASTEEL	AF	0965	UP	11/08/2013
		*** June 2013 *	**			THOMAS WATKINS	SOU	0525	NS	10/01/2013	STANLEY T BEEKEN	BURL	0961	BNSF	11/09/2013
	NELSON L DEPREY	ΝE	0633	ST	06/03/2013	CHARLES J JASPER	USD	0473	UP	10/01/2013	RICHARD A FRANK	BURL	0509	BNSF	11/10/2013
	ORVILLE MC CLOUD JR	AF	0112	CSXT	06/23/2013	BARRY L RATLIFF	ASF	0568	NS	10/02/2013	NAZARIO CONTRERAS	CRSF	1037	NS	11/13/2013
	DAVID A STEVENS	CRSF	1037	CSXT	06/30/2013	WAYNE C JONES	BURL	1316	BNSF	10/02/2013	JAMES W STEWART	BURL	0961	BNSF	11/16/2013
	SAMUEL NIXON JR	PENN	3018	NS	06/30/2013	JAMES E SCHLAHT	BURNOR	0303	BNSF	10/02/2013	GREGORY P DUFFY	BURL	1965	S00	11/29/2013
						PHILLIP M AITKEN	BURL	1316	BNSF	10/03/2013	ALFRED L BUTTERFIELD	BURL	0230	BNSF	11/30/2013
		*** July 2013 *	**			DONALD D EDGAR	BURL	2621	BNSF	10/05/2013	JOHNNY R WRIGHT	BURL	2621	BNSF	11/30/2013
	HARRY H SAGAN JR	CRSF	0347	ST	07/01/2013	CHARLES L KLUTTS	BURL	0961	BNSF	10/05/2013	JIMMY BUSTOS	USD	0686	UP	11/30/2013
	DENNIS DONOFRIO	BURL	2857	NIR	07/15/2013	LEONARD C BRANDENBERG	BURNOR	0303	BNSF	10/05/2013	BRUCE E EIDENSHINK	USD	0519	UP	11/30/2013
						DEAN A WENDT	USD	1788	UP	10/06/2013	MARIO MENDOZA	USD	0686	UP	11/30/2013
		*** August 2013	***			SCOTT L ALLEN	USD	1402	UP	10/09/2013					
	GUADALUPE R HINOJOSA	A AF	1563	UP	08/16/2013	DAVID D LEPPANEN	BURNOR	0706	BNSF	10/15/2013	**:	* December 2013	3 ***		
	GARY W MANSPILE	ASF	0599	NS	08/17/2013	DAVID T MANRING	USD	1054	UP	10/15/2013	DANIEL T QUINONES	CRSD	2910	SPTA	12/01/2013
	ROBERT MC DUFFIE	AF	2102	CSXT	08/22/2013	JON BRAYTON	BURL	0014	BNSF	10/18/2013	KEVIN R SPOONER	USD	1152	UP	12/01/2013
	JOHN R O DONNELL	ΝE	1718	NRPC	08/29/2013	DANE R YOUNGGREN	BURL	1302	BNSF	10/22/2013	WILLIAM A BOULTON	CRSF	1657	CSXT	12/05/2013
	STEVE E RETALLICK	ASF	0598	NS	08/30/2013	JAMES D ALBRITTON	AF	2655	CSXT	10/25/2013	RONNIE D KARASH	BURL	1214	BNSF	12/07/2013
	DENNIS VINCENT	AF	0025	CSXT	08/31/2013	CLAYTON M CHAPMAN	AF	0112	CSXT	10/31/2013	JAMES E GRIFFIN	AF	2163	CSXT	12/10/2013
	CHARLES KRZYWICKI	CRSF	0305	CR	08/31/2013	D E CREWS	AF	2067	CSXT	10/31/2013	LEONARD B JESSUP	SOU	0537	NS	12/11/2013
	AUGUSTINE T SMARR	CRSF	1923	NS	08/31/2013	CARY G GARCIA	AT&SFF	2419	BNSF	10/31/2013					
						RANDY D MC KEE	CRSF	1900	CSXT	10/31/2013					
		*** September 201	3 ***			C C GILLILAND S	OU	0804	NS	10/31/2013					
	ROY E MARVIN	PENN	3061	NS	09/01/2013	JAMES D WRIGHT	USD	0757	UP	10/31/2013					

QR Codes

A QR code (Quick Response Code) is a two-dimensional code that can be scanned with a mobile phone to gain access to specific information via the mobile web.



Scan me to Visit the BMWED website!



How to Use QR Codes

To access the information, you will need to download one of several free QR Code reader apps on your smartphone. When you see a QR Code, focus your camera on the image and the application will recognize the code and automatically open up the link to display the web content.

DEATH BENEFIT DEPARTMENT

REPORT OF DEATH BENEFIT CLAIMS PAID DURING NOVEMBER AND DECEMBER, 2013

KEI OKI OI DEKIII DE	REFORM OF BEAUTY BETTER OF MINO 17 ND BORNING 140 VEINBER 7 ND BEGENBER, 2010						
NAME	CITY/STATE	LODGE/	SYSTEM/RR	D.O.D.			
ARCHIE W. BASCO	ROSEDALE, LA	1176	AF/LIFE	10/01/13			
CHARLIE BELL	VICKSBURG, MS	0652	ICGF/LIFE	10/20/13			
ELMER BLUML	CARROLL, IA	0692	USD/LIFE	09/04/13			
ALPHA A. CHEVRETTE	HOOKSETT, NH	0160	CRSF/LIFE	10/13/13			
RAYMOND H. CURTIS SR.	WHITEFIELD, NH	0633	NE/LIFE	11/25/13			
DEXTER R. DENNIS	WATERLOO,IA	1393	ICGF/LIFE	08/30/13			
FRANK E. MARTINEZ	CHEYENNE, WY	0686	USD/LIFE	06/08/13			
MARION D. MC LAUGHLIN	PARKERSBURG, WV	1509	AF/LIFE	10/18/13			
JAMES M. PERTEE	FISHERS, IN	0613	ASF/LIFE	08/04/13			
WILLIAM M. SCHULTZ	LA CROSSE, WI	1965	BURL/LIFE	10/28/13			
HAROLD L. STAFFORD	JANESVILLE, IA	1757	USD/LIFE	11/16/13			
HERMAN G. TAYLOR	LEESVILLE, SC	2426	AF/LIFE	10/10/13			
PAID NOVEMBER 1, 2013 TO DECEMBER 31, 2013							

REPORT OF DEATH NOTICES RECEIVED DURING NOVEMBER AND DECEMBER 2013

CTANILEV D CHANDLED	VIDLIDALINA NAO	0.400	ATO CEE/DAICE	11/05/12
STANLEY P. CHANDLER	VIBURNUM, MO	0493	AT&SFF/BNSF	11/05/13
JAMES G. DESKINS	ELGIN, IL	2857	BURL/NIR	10/19/13
MIKE HALEY	DALTON, GA	0536	SOU/NS	11/23/13
CHARLES W. HALL	LEXINGTON, MO	2402	AT&SFF/BNSF	10/12/13
ARLIN D. MASTERSON	CENTRALIA, IL	0788	BURL/BNSF	12/18/13
CHARLES M. MC LAIN	LEROY, AL	0529	SOU/NS	08/31/13
RALPH F. MORTON	LENIOR CITY, TN	0567	SOU/NS	11/06/13
ELVIN L. SMOTHERS	WINONA, MN	0509	BURL/BNSF	11/25/13
WILLIAM D. WALLACE	AUGUSTA, MT	0735	BURNOR/BNSF	12/03/13
ROBERT E. WETZEL	ERIE, PA	0482	CRSF/CR	11/20/13

JANUARY/FEBRUARY 2014

A NEW YEAR MEANS NEW ELECTIONS

BMWED Legislative Issues— 113th Congress



Director of Government Affairs Charlie Hoque

A new year is upon us, and another important election appears right around the corner. 2014 is a mid-term election year, and the big question will be what happens to control in the United States House of Representatives and the United States Senate, as well as state legislatures throughout the country. Numerous issues will be taken into consideration come election time and will shape individual races and influence the control of congress. Before BMWED/IBT lends its support to any of the political candidates, we first have to understand how these elections work and why they are so important in shaping the

framework of American politics, which in turn affects every BMWED/IBT

The United States Senate has 100 members. Senators are elected for a six-year term in dual-seat constituencies, meaning two individuals from each state. The group of Senate seats that is up for election during a given year is known as a "class." There are three classes in the Senate. Just one class of the three is renewed every two years. The 2014 elections will be held on Tuesday, Nov. 4, 2014. During this election year, 33 of the 100 seats in the United States Senate will be contested in regular elections. All of the seats in Senate Class II will be up for election this year. Additionally, two more senate seats are up for special election to fill vacancies from class three.

This year's battle for control of the United States Senate finds the Republicans defending 14 seats and needing to pick up another six to take majority control, while Democrats have to defend 21 seats to protect their hold on the Senate. More than half of the GOP senators up for re-election face Tea Party challengers. After losing ground in the 2012 elections, the Republicans found themselves plagued by inner turmoil over the best strategy for the 2014 races. At least seven of the 12 incumbent Republicans now find themselves running for re-election against Tea Party candidates. The forecast for the 2014 Senate elections shows no definitive upper hand to either party at this time. Between retirements and swing states, both the Democrats and Republicans are in positions to potentially pick up seats.

The United States House of Representatives has 435 members. Our United States Representatives are elected for a two-year term in single-seat constituencies, or one Representative per district. The U.S. House elections are held every two years on the first Tuesday after November 1st in even years. The House elects representatives from each of the 435 house districts which cover the United States. All 435 seats in the House will be up for election in 2014.

House elections occur every two years in correlation with the presidential elections or halfway through the president's term. It is very common when a house election occurs in the same year as a presidential election that the party of the presidential winner will gain seats. There is also a pattern of the president's party losing seats if the president's popularity has slipped since his election. This year, the Republicans head into the midterm election with the clear upper hand in the battle for control of the House.

Political handicappers give Democrats virtually no shot at erasing the 17 seat deficit separating them from the speaker's gavel. Many of the voters who came out to vote for President Obama are less likely to come out to vote during mid-term elections because it is not a presidential election. This is unfortunate because congressional elections are as important as presidential elections. Congress passes federal legislation or creates laws which affect the entire country, including every BMWED/IBT Brother and Sister.

When the results of the 2014 elections become clear in November, we will know much more about the general sentiment of the American voter. Politicians in both the Democratic and Republican parties will have a better read of the kind of the nation's electorate they will be making their case to as America moves closer to the 2016 presidential election.

Whether you approve of the job Congress is doing or you think we are going down the wrong track, the 2014 elections will shape the future of America. Let your voice be heard at election time and CAST YOUR VOTE.

Allied Federation Vice Chairman Terry Miracle Retires



Allied Fed General Chairman Dennis Albers and BMWED President Freddie Simpson congratulate retiring Allied Vice Chairman Terry Miracle upon his retirement this past January.

Allied Federation Vice Chairman Terry W. Miracle retired last month, putting a cap on a railroad career that began in July 1976.

Brother Miracle was first elected Vice Chairman to the former Dixie Federation in 1994, following several years spent as Local Lodge Chairman and Dixie Federation Joint Protective Board member out of Local Lodge 2606 in Middlesboro, Ky. He also served as the Federation's Secretary-Treasurer until recently, when he resigned from that position pending his retirement. His knowledge of the Agreements and contract, along with his experience, were why he was frequently utilized to review and appeal all of the Federation's contracting-out claims. Brother Miracle played a key role in the successful results on behalf of the membership. His railroad career began in Corbin, KY where he worked on the track until bidding to the bridge department in 1990.

Brother Miracle comes from a longtime railroad family. His grandfather and uncle were railroaders and his father had a 45-year railroad career. Brother Miracle also has two brothers and a son on the tracks.

"I consider myself blessed to work under four great men who taught me a lot and were always there when I needed advice and answers," Brother Miracle said. He served under General Chairmen Freddie Simpson, Randy Cook, Randall Brassell, and Dennis Albers. "I've been fortunate to have good vice chairmen working around me and I've always tried to do the best I could."

Brother Miracle said the best aspect of his tenure as vice chairman was aiding and assisting his members in the field. "It has been an honor to be a representative to our members," he said. "I've really, truly enjoyed it."

Brother Miracle and his wife make their home in Harrogate, Tenn., but he is quick to point out that he's "from" Kentucky. "I'm a true, blue, Kentucky fan," he said. In retirement, Brother Miracle plans to garden, fish, and play a little golf. However, his most important plan is to take care of his 82-year-old mother, "because she always took good care of me."

"I have known Brother Miracle, affectionately known to his friends as 'Grumpy,' for almost a quarter century, and his advice to me as a former General Chairman was always honest and blunt and meant for the benefit of the membership," said Director of Communications Randall Brassell. "The fact that he plans to retire and take care of his mother is all one needs to know about his character. The Federation and the membership have lost an important advocate. Terry and his wife Patty deserve a long, healthy and happy retirement."

"Brother Terry has been an important and valued part of this Brother-hood and we are going to miss his steady leadership and work ethic," President Simpson said. "Terry and I go way back to our L&N days and I must say that his absence in our Brotherhood is going to be felt. I wish Brother Terry a very healthy and happy retirement and thank him for his service."

The BMWED wishes to extend all the best to Brother Miracle and wishes him a happy retirement.

The following article was borrowed from the UnitedHealthcare December, 2013 Newsletter;

Your heart health

Angina: What it is — and what it means for your heart



By Tanise Edwards, M.D.

The heart pumps so quietly and steadily that, most of the time, we don't give it a second thought. But, this vital muscle needs oxygenrich blood to work properly. And, when it doesn't get enough, the result can be chest pain or discomfort.

This is called angina. It isn't a disease in itself. But, it is a symptom of

heart trouble.

Here are some common questions and answers about angina:

Q. What causes angina?

A. Usually, it's caused by atherosclerosis. With this condition, the vessels that feed the heart are slowly narrowed, stiffened and clogged by a fatty substance called plaque.

Q. What does angina feel like?

A. People with angina often describe it as pressure, squeezing, burning or tightness in the center of the chest.

They may also feel pain in the arms, shoulders, neck, jaw, throat or back. And, it can sometimes come with nausea, tiredness, shortness of breath, sweating, light-headedness or weakness.

Q. What's the difference between stable and unstable angina?

A. If you're diagnosed with angina, a doctor can determine what type it is: stable or unstable. Both mean you're at risk of a heart attack — but unstable is more dangerous.

Stable angina tends to follow a predictable pattern. Physical activity — such as climbing stairs — is the most common trigger. And, the pain usually goes away with rest. But, cold weather, smoking, stress or even a large meal can also bring it on. It's

Angina, Continued on Page 10

Amtrak, Continued from Page 1

The position of the PRLBC has been that Amtrak employees are entitled to the national freight agreement, which has been a pattern for settlement for nearly four decades. Contrary to their own past practice, Amtrak has argued for a version of the settlements they have reached with other unions during the past two years.

During the arbitration proceedings, the PRLBC was represented by a number of experts who provided testimony on behalf of BMWED and BRS. Among the several witnesses providing testimony was Pennsylvania Federation General Chairman Jed Dodd. Brother Dodd represents a large number of Amtrak employees and provided key testimony.

General Chairman Dodd offered, "I have chaired the BMWED bargaining committee on Amtrak for 30 years. For the last 30 years we have seen about a dozen Amtrak CEOs come and go. Each of these political appointees strive to ensure that Maintenance of Way workers on Amtrak should earn less and have fewer rights than their fellow Brothers and Sisters on the freight railroads. Like those who came before him, Joe Boardman insists that we accept his offer that will make us the lowest paid Class 1 railroad workers in the country. Fortunately, our membership understands this and supports the Union in our daily struggle to maintain Class 1 standards on Amtrak."

Those representing BMWED Amtrak employees within the PRLBC include:

BMWED President - Freddie Simpson

Pennsylvania Federation – General Chairman, Jed Dodd

Consolidated System Federation – General Chairman, T. J. Nemeth

Northeastern System Federation – General Chairman, Dale Bogart

Unified System Division – General Chairman, Louis Below

Illinois Central Gulf Federation – General Chairman, Hayward Granier

Allied Federation – General Chairman, Dennis Albers

For the BRS:

10

BRS President - Dan Pickett

BRS General Chairman - Dave Ingersoll

"It has been a three-year battle for our members at Amtrak, but the battle is nearly over," offered BMWED President Freddie Simpson. "Our members have been patient, and if the neutrals heard our arguments, the decision should be a deserving and fair response to our demands."

The Amtrak arbitration decision will be reported in the March/April issue of the *BMWED Journal*.

You can now visit the BMWED on Facebook at Brotherhood of Maintenance of Way Employes, and follow us on Twitter at BMWEDIBT.

Angina, Continued from Page 9

climbing stairs — is the most common trigger. And, the pain usually goes away with rest. But, cold weather, smoking, stress or even a large meal can also bring it on. It's the most common kind of angina. If you have stable angina, your doctor can give you a plan of action for when it strikes. That may include medication.

Unstable angina is less predictable. It can occur even at rest. And, it may last longer, happen more often or be more severe than stable angina. Also, stable angina can become unstable if the symptoms stop following a pattern or if your usual medicine doesn't relieve the pain. Unstable angina can mean you're in immediate danger of a heart attack.

The bottom line: All new, changing or worsening chest pain or discomfort should be checked out right away. If you think you may be having a medical emergency, call 911.

Q. Who gets angina?

A. If you have risk factors for heart disease, you are more likely to develop angina.

You're at higher risk of an	
If you have:	If you:
• Diabetes	Are a man older than 45 or a woman older than 55
Unhealthy cholesterol levels	Smoke or are exposed to secondhand smoke
High blood pressure	Are overweight
Metabolic syndrome*	Don't exercise
A family history of heart disease	Have an unhealthy diet

*Metabolic syndrome is a name given to a group of three or more risk factors that increase the risk for heart disease, diabetes and stroke. They include high blood pressure, high blood sugar, low HDL cholesterol, high triglycerides and excess weight carried around the waist.

Q. How is angina treated?

A. If you have angina, your doctor will likely suggest some important lifestyle changes. You may be advised to:

Avoid tobacco, including secondhand smoke
Lose weight
Exercise regularly*
Eat a healthy diet
Find healthy ways to relieve stress

To relieve or help prevent angina attacks, doctors often prescribe nitroglycerin or other medicines. They help relax and widen blood vessels. That allows more blood to reach the heart.

Other medicines may be used to help control conditions linked to angina — such as high blood pressure and cholesterol.

If lifestyle changes and medicines don't control your angina, other treatments may be considered.

BMWEDJOURNAL

^{*}For safety's sake, talk with your doctor before significantly increasing your activity level.

BMWED Gains Another Whistleblower Victory Against Norfolk Southern Railroad

A member of the BMWED won a major Federal Rail Safety Act anti-retaliation victory against Norfolk Southern Railroad. The nation's railroads and NS have cynically argued that a railroad employee's pursuit of their collective bargaining rights under Section 3 of the Railway Labor Act is an "election of remedies" under the law that would bar the filing of a whistleblower case under §20109 of the Federal Rail Safety Act. In its January 14, 2014 ruling against NS, the Chicagobased Seventh Circuit U.S. Court of Appeals held that, "The election-of-remedies provision only bars railroad employees from seeking duplicative relief under overlapping anti-retaliation or whistleblower statutes; it does not diminish their rights or remedies under collective bargaining agreements in any way."

The BMWED first battled the railroads on this issue in 2009, resulting in the Department of Labor and OSHA adopting the BMWED's legal position as official governmental agency policy. Then the BMWED helped win this fight before the OSHA Administrative Review Board. Subsequently, the BMWED led the fight over this issue before five different federal district courts and won them all.

As a result of the BMWED's concerted activity, the 2007 FRSA amendments, designed by Congress specifically to add to the rights of workers, are providing effective relief for the victims of railroad retaliation. These results did not happen by accident. Upon passage of the 2007 FRSA amendments, the National Division Officers, in consultation with Special Counsel Harry Zanville, BMWED General Counsel Bill Bon and other key staff and counsel, initiated a strategy to capitalize on the potential benefits of this law. Very early in the process, the National Division Officers developed and approved a coordinated and well-funded effort to help shape the law and maximize its protections for BMWED members and all of rail labor.

BMWED President Freddie Simpson said, "We will not stand by and allow any railroad to retaliate against our members in violation of their rights. The

BMWED will continue to stand up with the members and fight to protect them against carrier abuse."

Do you have an interesting hobby or a great story to tell? Pictures from a recent lodge meeting or event? We want to hear and see them. Contact the *Journal at challew@bmwe.org.*

Recognizing the Symptoms of Depression

Tips to Help Keep Your Health On Track!

Recognizing depression and treating it appropriately may be the start of a healthier, happier lifestyle. Left untreated, depression can potentially become a serious medical condition. It not only affects one's mood, thoughts and body, but it also affects one's sleep, appetite, self-worth, and overall decision making. Depression is not an indication of a personal weakness. It is an illness and with appropriate treatment most people who suffer from it will feel better. (1)

Men and women react differently to depression

While statistics show that more women than men suffer from depression, there may be an underlying cause to the gender difference. Research shows that men are less likely than women to admit that they are depressed and, as a result, they do not seek treatment. Understanding the differences in how men and women react to depression is critical to recognizing when someone is depressed in order to help them begin the treatment and healing process. (1)

Symptoms of depression

Not all individuals who are depressed experience every symptom; some experience a few of them, while others suffer from many. The more common symptoms of depression are: (1)

- Persistent sad, anxious moods such as hopelessness and worthlessness
- Loss of interest in hobbies or activities that once brought you joy
- Decreased energy and increased restlessness and irritability
- Noticeable change in concentration and decision making
- Loss of appetite
- Sleep disturbances

How you can help yourself

Since depression can leave you feeling exhausted, helpless and hopeless, it is important to be able to acknowledge that your depression is an illness and seek treatment as soon as possible. Some things that you can do to help ease some of your depression are: (1)

- Confide in someone you trust rather than being alone and secretive
- Participate in a social activity that may make you feel better
- Exercise more or start an exercise program
- Set realistic goals as you cope with your depression
- Let your family, friends and health professionals help you
- Understand that feeling better takes time
- Do not make any important life-changing decisions until you are feeling better

How family, friends and health professionals can help

Family members, friends, employee assistance professionals and health professionals can play an important role in helping someone who is depressed receive a proper diagnostic evaluation and treatment. If you or any loved ones are struggling with depression, call the mental health number on the back of your medical ID card for confidential support and resources. You or any member of your household can also go to www.liveandworkwell.com to access the mental health benefits under your plan, along with various tools that may help you live a healthier, happier lifestyle.

(1) www.mentalhealthscreening.org This is informational only; not a replacement for the medical advice of your physician.

JANUARY/FEBRUARY 2014

A Vice President Speaks

Don't allow toxic leadership to go unchecked



South Region Vice President

The U.S. Army has recently started to study the effects of "toxic leadership" on its soldiers. Army brass is worried that tyrannical leadership is contributing to a litany of problems

within its ranks, including apathy, depression, and even suicide. The Army studies are very telling about how toxic leaders can demoralize an organization from the inside out and lead one to ponder ways to eradicate it. The problem is an important issue and one to be taken seriously by every organization, even railroads.

Toxic leadership is a relatively new term, but the concept it describes has been around as long as there have been bosses. We are not simply talking about lousy, incompetent people in management or leadership roles, but rather those who are abusive, arrogant, and petty. The Army has described toxic leaders as those who are "unconcerned about, or oblivious to, staff or troop morale." Unfortunately, toxic leaders exist not just in the military, but also in other professions, including the railroad.

If you think about the origins of labor unions, including the establishment of our very own BMWED, most if not all of the world's labor organizations began because of direct mistreatment of workers by their bosses. In the early days of labor, workers who were treated unjustly had little to no recourse. The abuse from supervisors was pervasive in all lines of work and was often not only encouraged by the company honchos, but demanded. The bravest men and women were those who stood up to the mistreatment and organized their colleagues to push back against patent unfairness. This took exceptional courage.

Labor leaders like Samuel Gompers (who founded the American Federation of Labor in 1886) and Eugene Debs (founder of the American Railway Union in 1893) were men who witnessed firsthand the abuse of power toxic leaders could wield and took a stand against it through worker unification. It was a brave and bold move in the direction of evening the playing field for workers.

Today, despite the acts of courageous men to breathe life into the labor union movement, many of the same reservations employees had in challenging their bosses still exist. The courage that people like our Brotherhood's founder, John T. Wilson, exhibited in challenging unfair railroad work conditions, while in complete disregard of the potential repercussions, remains difficult to summon. People fear a personal risk if they stand up to toxic leaders. Too often, they feel obligated to tolerate abuse from their manager simply because they need their paycheck. The trepidation of losing a job creates a feeling of helplessness.

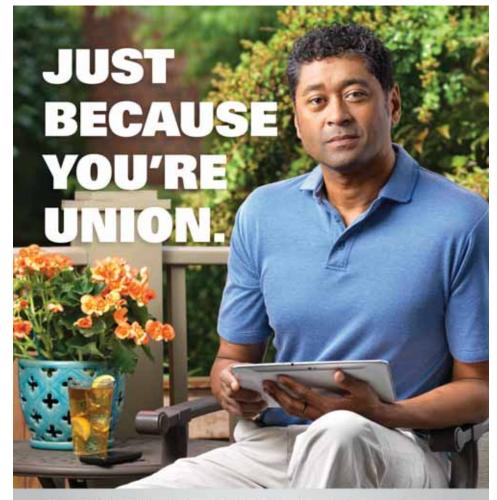
Toxic managers can make you miserable. The worst are those who drain your energy and passion for your job. It is no secret that Maintenance of Way Employes spend an awful lot of time at work. Often, it is simply what the job entails. Thanks to your labor union, the BMWED, when you're required to work overtime, you are compensated fairly for your effort. Getting paid time-and-ahalf, or in some instances, doubletime, for long shifts at work is not a benefit the railroad carrier freely gave away. It took the work of union representation lobbying for overtime pay. In some instances it took the bold stance of striking. These efforts ultimately yielded major results, including the passage of federal law for overtime pay.

Because track workers spend so much of their lives at work, we must keep an eye out for toxic leaders and report them for violations of company policy and our collective bargaining agreement. Abuse and intimidation are not something we have to accept in return for employment on the railroad. Studies show most people spend half their lives at work. A workplace filled with stress and anxiety due to a toxic supervisor is not healthy and can carry over to other aspects of life outside of the job. This is a problem where the railroad carriers and the BMWED should agree.

An Army Lieutenant General charged with studying and eradicating toxic leaders from its ranks called the problem destructive. He said toxic leaders are "not innovative or creative." He further said "toxic leaders might be able to get some short-term results or immediate missions at hand done, but in the process, they are destroying the organization and destroying their people."

Regrettably, this kind of abuse of power described by the Army officer could also fester on the railroad if it is allowed to go unchecked. If you feel as if you are targeted and intimidated by a manager, please report the problem to your BMWED representative. Remember, if you are within

your negotiated rights outlined in the collective bargaining agreement, you do not have to tolerate intimidation, coercion, retribution or any other variation of undue stress from your manager. Through our CBA and labor laws, we can in some cases help.

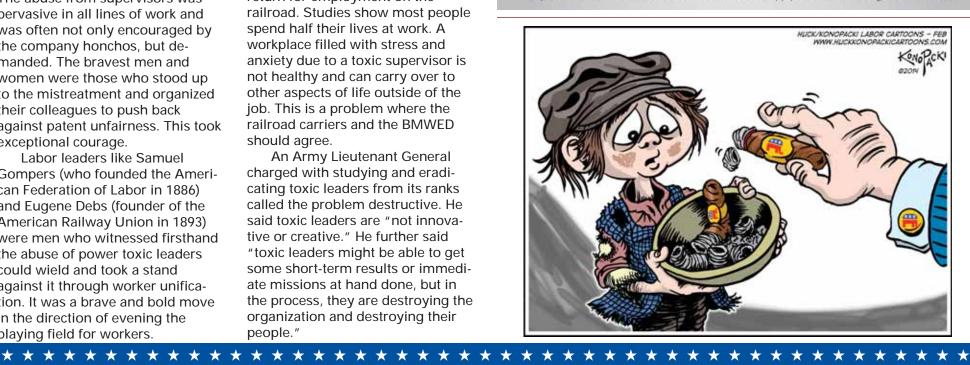


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FREDDIE N. SIMPSON

President fns@bmwe.org

PERRY K. GELLER, SR.

Secretary-Treasurer pkg@bmwe.org

VICE PRESIDENTS

J. R. COOK

Vice President At-Large 11467 Coates Highway Brethren, MI 49619 (231) 477-5722 Fax: 231-477-5723 irc@bmwe.org

Northwest Region

DAVID D. JOYNT Vice President

5350 West Valley Road Hastings, NE 68901 (402) 463-0816 Fax: 402-462-2747 ddj@bmwe.org

South Region ROGER D. SANCHEZ

Vice President P.O. Box 2250 Porter, TX 77365 (281) 354-4812 Fax: 281-354-6613 lodge1507@aol.com

Western Region DAVID D. TANNER

Vice President P.O. Box 116 Robertson, WY 82944-0116 (307) 782-7775 Fax: 307-782-7776 ddt@bmwe.org

Northeast Region

HENRY W. WISE, JR.

Vice President 3465 Smith Hill Road Slatington, PA 18080-3423 (610) 767-4940 Fax: 610-767-6452 hww@bmwe.org

EXECUTIVE BOARD

BILL R. PALMER

P.O. Box 473 Falls City, NE 68355-0473 (402) 801-0273 Fax: 888-262-8871 mopae@neb.rr.com

South Region

DENNIS R. ALBERS

Secretary 111 Imperial Blvd., Suite C-300 (615) 338-0027 Fax: 615-338-0209 dralbersbmwe@aol.com

Northwest Region

ROY L. MILLER

12124 Hegg Avenue Custer, SD 57730 (307) 532-1941 Fax: 605-673-2266

Western Region

WAYNE E. MORROW

Vice Chairman P.O. Box 850 Lyman, WY 82937 (307) 787-7058 Fax: 307-787-3100 usdgclyof@yahoo.com

Northeast Region

THOMAS J. NEMETH

Member 58 Grande Lake Drive, Suite 2 Port Clinton, OH 43452 (216) 382-7122 Fax: 216-382-5583 tbones8@ameritech.net

NATIONAL DIVISION APPOINTEES

President's Department

Novi, MI Office

41475 Gardenbrook Road Novi. MI 48375-1328 (248) 662-2660 or (248) 662-2-(Ext. #) Fax: 248-662-2659

CLARK BALLEW

Assistant to President
Ext. 605, cballew@bmwe.org

WILLIAM A. BON

General Counsel Ext. 615. billb@bmwe.org

E. RANDALL BRASSELL

Director of Education & Communication 242 W. Main Street, PMB 394 Hendersonville, TN 37075 (615) 521-4097 Fax: 615-824-2164

PETER F. KENNEDY Executive Assistant to President

Ext. 614, peterk@bmwe.org

TIMOTHY McCALL

Director of Organizing 3121 Plantation Key Drive Baton Rouge, LA 70816 (225) 752-3346 Fax: 225-752-3347 Cell: (225) 978-6503

VICTORIA THURLOW

Administrative Secretary
Ext. 610, vthurlow@bmwe.org

Arbitration Department

Chicago, IL Office

150 S. Wacker Drive, Suite 300 Chicago, IL 60606-4101 (312) 630-9328 Fax: 312-630-9438

GARY L. HART

Assistant to Preside garyh@bmwe.org

MARK J. SCHAPPAUGH

Director, Chicago Office marks@bmwe.org

KEVIN D. EVANSKI

NRAB Third Division Member kevine@bmwe.org

RYAN D. HIDALGO

Public Law Board Advoca ryanh@bmwe.org

ANDREW MULFORD

Public Law Board Advocat andrewm@bmwe.org

DAVID M. PASCARELLA

Public Law Board Advocate davep@bmwe.org

JONATHAN D. HENDERSON

jhenderson@bmwe.org

ROBERT J. SHANAHAN, JR.

Staff Assistant rshanahan@bmwe.org

ZACHARY C. VOEGEL

zvoegel@bmwe.org

National Legislation Department

Washington, DC Office

25 Louisiana Ave., N.W., 7th Floor Washington, DC 20001-2130 (202) 624-6800 or (202) 508-(Ext#) Fax: 202-508-6450

KATIF I FRUZYNSKI

Project Coordinate (202) 508-6446 katie@bmwe.org

DONALD F. GRIFFIN

Research 1420 King Street, Suite 500 Alexandria, VA 22314 (703) 548-1262 Fax: 703-563-9457 dgriffin@bmwe.org

CHARLES R. HOGUE

(202) 508-6447 crhogue@bmwe.org

RICHARD A. INCLIMA

Director of Safety (202) 508-6449 ricki@bmwe.org

CHERYL L. KILCHESKI

Assistant to President 1420 King Street, Suite 500 Alexandria, VA 22314 (703) 548-1261 Fax: 877-259-5588

SONIA PETTAWAY

Office Manager (202) 508-6448 sonia@bmwe.org

Secretary-Treasurer's Department

Novi, MI Office

41475 Gardenbrook Road Novi. MI 48375-1328 (248) 662-2660 or (248) 662-2-(Ext.#) Fax: 248-662-2659

RICK FORBES

Director, Information Systems Ext. 607, rick@bmwe.org

ANGELA KRAJEWSKI

Ext. 608, akrajews@bmwe.org

CHRIS LEIDY

Assistant Director, Information Systems Ext. 634. chris@bmwe.ora

WILLIAM J. MARTINKO Field Auditor

P.O. Box 190 Brunswick, OH 44212-0190 (330) 460-5630 Fax: 330-460-5660 wjm@bmwe.org

MARY MOCHER

Staff Assistant, Financial Services Ext. 621, mary@bmwe.org

STEVE MOCHER

Government Reporting Services Ext. 604, sm@bmwe.org

MICHELLE OSBORNE

Executive Assistant to Secretary-Treasurer Ext. 609, michelleo@bmwe.org

JASON L. RICHERT

Field Auditor Ext. 611, jlr@bmwe.org

CAROL SCHAEDIG

Staff Assistant, Membership Services Ext. 633, carol@bmwe.org

RYAN WHIPPLE

Administrative Accountant Ext. 624, rwhipple@bmwe.org

DANIEL YACK

Staff Assistant, Information Systems Ext. 622, dyack@bmwe.org

SYSTEM OFFICERS

AFFILIATED SYSTEM FEDERATION

(606) 931-0115 Fax: 606-931-0008

Alton & Southern Railway Company CSX Transportation, Incorporated

-Seaboard System Railroad, Incorporated —Clinchfield Railroad Company MacArthur Bridge

Manufacturers Railway Company Norfolk and Portsmouth Belt Line Railroad

Company
Norfolk Southern Corporation

Former-Des Moines Union Railway Company Interstate Railroad Company Norfolk & Western Railway Company Southern Railway Company

Wabash Railroad Company Northeast Illinois Railroad Corporation (Metra) Terminal Railroad Association of St. Louis

THOMAS R. McCOY, JR.

9300 Runyon Road Catlettsburg, KY 41129-8753

JACK E. DAVID

First Vice Chairman 1101 County Road 2375 Moberly, MO 65270-4200 (660) 263-7480 Fax: 660-263-7481 jedavid6030@gmail.com

RICHARD L. PROCISE

Second Vice Chairman 2400 Washington Avenue Victoria, VA 23974-4700 (434) 696-2812 Fax: 434-696-2914

ALFRED L. WARDELL

Secretary-Treasur RR.1 Box 63BBB

ALLIED FEDERATION

(800) 752-8009 (615) 338-0027 Fax: 615-338-0209 www.alliedfed.org

13 JANUARY/FEBRUARY 2014

Amtrak Appalachian & Ohio Railroad Chicago & Eastern Illinois Railroad Chesapeake & Ohio Railway CSX Transportation Incorporated Former-Baltimore & Ohio Railroad

Baltimore & Ohio Chicago Terminal Durham & Southern Railway Company Norfolk Southern Corporation Seaboard System Railroad. Incorporated
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Company Union Terminal Railway Company

(St. Joseph, Missouri) Weatherford, Mineral Wells & Northwestern Railway Company Winston-Salem Southbound Railway

DENNIS R. ALBERS

General Chairman 111 Imperial Blvd., Suite C-300 Hendersonville, TN 37075 dralbersbmwe@aol.com

BILL R. PALMER

Vice Chairman/Secretary-Treasurer PO Box 473 Falls City, NE 68355-0473 (402) 801-0273 Fax: 888-262-8871 mopgc@neb.rr.com

L. A. BUCKLEY

First Vice Chairman 141 Iroquois Trail Ona, WV 25545-9740 (304) 736-2255 Fax: 866-890-6270 lab11058@aol.com

W. G. FOEHR

First Vice Chairma P.O. Box 1710 Waller, TX 77484 (936) 372-1906 Fax: 936-372-1909 bigbubba75@aol.com

PEDRO AMARO

Vice Chairman 203 E. Travis Street Laredo TX 78040 (956) 712-0080 Fax: 956-712-0082 iefes2003@vahoo.com

M. RUSSELL FARMER

Vice Chairman 2418 Foster Sprouse Road, N.W. Thomson, GA 30824-6932 Cell: (706) 361-5777 Fax: 706-555-7289 afsmrfbmwed@yahoo.co

JEFFREY T. FINCH

4855 Magnolia Cove Dr., Apt. 148 Kingwood TX 77345 (281) 741-9562 Fax: 281-741-9586 jeffreytfinch@yahoo.com

LARRY L. FOSTER

Vice Chairman 1845 11000 Road Oswego, KS 67356-8764 Cell: (620) 515-2664

ROY GRIFFITH

Vice Chairman 7305 Hancock Village Dr., Ste. 533 Chesterfield, VA 23832 (800) 752-8009 Ext. 506 Fax: 866-231-5616 roysrep99@yahoo.com

JAMES D. KNIGHT

2153 Broadwater Drive Jacksonville, FL 32225 (904) 642-8076 Fax: 904-642-7838 kiimiov@aol.com

DAVID R. LOPEZ

Vice Chairman 137 N. Ohio Avenue Clarksburg, WV 26301-2230 (304) 626-3633 Fax: 304-626-3063 handyman1271@aol.com

SCOTTY D. NISWONGER

P.O. Box 1075 Beebe, AR 72012 (501) 843-8237 Fax: 501-246-8538 niswonger.scott@ yahoo.com

LAURENCE J. PHILLIPS

Vice Chairman 7002 Thompkins Court Griffith, IN 46319 (800) 752-8009 Fax: 219-750-9317 alliedlarry409@aol.com

PATRICK H. QUIGLEY

Vice Chairman 2246 Jo Ann Place Covington, KY 41011 quigley885@gmail.com

RICKY J. RICHARD

Vice Chairman 5307 Lyre Street Orange, TX 77630 (409) 749-0663 101slickrick@sbcglobal.net

ANDREW SHELTON

613 Myatt Street Smyrna, TN 37167-4163 (615) 220-3468 Fax: 615-220-0066 aefahs@bellsouth.net

BRIAN R. THIES

Vice Chairman 2170 Lakeview Drive Cutler, IL 62238-2202 (618) 497-2302 Fax: 618-497-2369

BRIAN P. THOMPSON

Vice Chairman 3507 Evans Ave. Valparaiso, IN 46383 (219) 765-9334 btalliedfed@gmail.com

NATHANIEL TRAWICK

7720 Breezewood Circle Pensacola, FL 32534-4015 (850) 474-6399 Fax: 850-474-6959

ATCHISON, TOPEKA & **SANTA FE FRISCO SYSTEM FEDERATION**

(800) 835-2022 or (316) 283-1470 Fax: 316-283-7264

Atchison, Topeka & Santa Fe Railway Company Former—Illinois Northern Railway

St. Joseph Terminal Railroad Company

Burlington Northern Railroad Company Former—Quanah, Acme & Pacific Railway

Company St. Louis-San Francisco Railway

Company Colorado & Wyoming Railway Company Hutchison and Northern Railway Company Los Angeles Junction Railway Sand Springs Railway Company South Kansas & Oklahoma Railroad Wichita Terminal Association. Wichita Union Terminal Railway Company

GARY W. MARQUART

General Chairman 521 S.E. 10th Street Newton KS 67114-4407 Cell: (316) 836-1748 gmarquart@sbcglobal.net

RANDY S. LUNOW

Assistant General Chairm 521 S.F. 10th Street Newton, KS 67114-4407 Cell: (316) 836-1834 rlunow@sbcglobal.net

BRIAN T. POSTON

Assistant General Chairm 521 S.E. 10th Street Newton, KS 67114-4407 Cell: (316) 836-1862 btoston@sbcglobal.net

COREY M. WILBANKS

Vice General Chairman/Secretary-Treasurer 4729 East Ranch Road Claremore, OK 74019 Cell: (918) 344-8898 cwilbanks1@sbcglobal.net

JEFFERY L. FRY

Assistant General Chairman 1205 Greene Road 214 Beech Grove, AR 72413 Cell: (918) 510-8169 jfry2@sbcglobal.net

THOMAS W. BLACKWELL

Assistant General Cha 9760 Faggard Road Beaumont, TX 77707-2611 Cell: (409) 273-8229 tblackwell22@sbcglobal.net

BESSEMER & LAKE ERIE SYSTEM DIVISION

Bessemer and Lake Frie Railroad Company

JUSTIN C. UNIK

General Chairman 123 Teakwood Road Butler, PA 16001 (412) 600-3020 jcunik@zoominternet.net

BRYAN HILLIARD

Secretary-Treasurer
137 Mount Nebo Lane Evans City, PA 16033

MATTHEW NIES

Vice Chairman 116 North Drive Butler, PA 16001 (724) 601-3856 Nies92@yahoo.com

BURLINGTON NORTHERN SYSTEM FEDERATION

(612) 332-7947 Fax: (612) 332-6166 bmwebnso@bitstream.net

Former-Oregon Electric Railway Oregon Trunk Railway Camas Prairie Railroad
Lake Superior Terminal & Transfer Railway

Burlington Northern Railroad Company

Company
Longview, Portland and Northern Railway Company Montana Rail Link, Inc.

Oregon, California & Eastern Railway Company Saint Paul Union Depot Spokane International Railroad Company

Willamina & Grand Ronde Railroad Company

BRUCE G. GLOVER

General Chairman 510 1st Avenue North #601 Minneapolis, MN 55403-1609

DAVID L. CARROLL

N 6126 Lacev Street Spokane, WA 99208-2440 (509) 489-3080 Fax: 509-484-2068 dlcarroll60@comcast.net

TIMOTHY R. GILLUM

Vice General Chairman P.O. Box 495 Castle Rock, WA 98611-0495 (360) 967-2395 Fax: 877-264-2810 Cell: (360) 430-2718

SHAWN ELLESTAD

Vice General Chairman 505 4th Avenue Laurel, MT 59044-2303 Cell: 406-690-3541 eshawn6667@yahoo.com

JOHN A. MOZINSKI, JR.

Vice Chairman/Secretary-Treasure 3442 32nd Street, South Fargo, ND 58104-5140 (701) 293-6054 Fax: 701-297-2481 john.mozinski@gmail.com

BURLINGTON SYSTEM DIVISION

Hastings, Nebraska Office

(402) 463-0234 Fax: 402-463-0226 bmwebsd@windstream.net

Elk River, Minnesota Office

(763) 441-6355 Fax: 763-441-1741

BMWEDUS@aol.com

Burlington Northern Railroad Company —Colorado and Southern Railway Company Fort Worth and Denver Railway Company Joint Texas Division of Chicago, Rock Island and Pacific Railroad Company Colorado & Wyoming Railway Company Denver and Rio Grande Western Railroad Company
Denver Union Terminal Railway Company

Iowa Interstate Railroad L.T.D. Kansas City Terminal Railway Company Keokuk Union Depot Lake Superior & Ishpeming Railroad

Company Northeast Illinois Railroad Corporation Northern Indiana Commuter Transportation District

Soo Line Railroad Company Former—Chicago, Milwaukee, St. Paul and Pacific Railroad Company Minneapolis, Northfield and Southern Railway, Incorporated Toledo, Peoria & Western Railway Corp.

STACI MOODY-GILBERT

General Chairwoman 747 N. Burlington Avenue, Suite 312 Hastings, NE 68901 Cell: (402) 984-8488 bmwebsd@windstream.net

ROY L. MILLER

Vice General Chairma 12124 Hegg Avenue Custer, SD 57730 (307) 532-1941 Fax: 605-673-2266 bmwe@goldenwest.net

TERRY A. BARRETTE

Vice General Chairman/Secretary-Treasurer P.O. Box 468 River Falls, WI 54022-0468 (651) 324-5210 terrybarrette@att.net

RANDY S. ANDERSON

Vice General Chairma 2620 S. 102nd Street Omaha, NE 68124-1808 (402) 575-1727 rsanderson@cox.net

GEORGE LOVELAND

Vice General Chairma P.O. Box 32 Ellisville, IL 61431-0032 (309) 337-4262 gloveland7@yahoo.com

CHICAGO & EASTERN ILLINOIS SYSTEM DIVISION

(219) 696-2848 Fax: 219-696-3716

Chicago Heights Terminal Transfer Railroad Union Pacific System -Missouri Pacific Railroad Company

(Chicago & Eastern Illinois Railroad)

THOMAS J. CARTWRIGHT General Chairman 17113 Nightingale Place Lowell, IN 46356-7516 (219) 696-2848 Cell: 219-796-3668 Fax: 219-696-3716 cartwrighthomas@sbcglobal.net

PATRICK A. CHARTERS

Vice Chairman/Secretary-Treasure 801 W. Bristow Monticello, IL 61856-1730 (217) 762-4112 Cell: (217) 493-6437 pbila801@frontier.com

COMMUTER RAILROAD SYSTEM DIVISION

(215) 245-2236

1-(800) 344-2718 Toll Free in CT, DE, NY, NJ, PA Fax: 215-245-2237 crsd2773@aol.com and www.crsdbmwe.org

New Jersey Transit Rail Operations Incorporated
Southeastern Pennsylvania Transportation Authority

SEÁN D. GERIE

General Chairma Five Neshaminy Interplex Suite 205 Trevose PA 19053 Cell: (908) 399-2188

MICHAEL BARRETT

Vice Chairman/Secretary-Treasurer P.O. Box 5 Ridley Park, PA 19078-0005 Cell: (908) 399-2186 mbbmwed2910@aol.com

TONY MELE JR.

Vice Chairman P.O. Box 383 Albrightsville, PA 18210 Cell: (908) 399-2187 ameleir99@gmail.com

CONSOLIDATED RAIL SYSTEM FEDERATION

(419) 734-9811 Fax: (419) 734-7267 crsf1@frontier.com

Amtrak (Albany-Rensselaer, New York Area) Amtrak (Beech Grove, Indiana Shop) Amtrak (Kalamazoo, Michigan, to Michigan City, Indiana Facilities)

Consolidated Rail Corporation Shared Assets (Detroit, New Jersey, Philadelphia) CSX Transportation, Inc. — Consolidated Rail Lines (NYC)

Pittsburgh & Lake Erie Railroad Grand Trunk Rail System

Guilford Transportation Industries (Springfield Terminal Railway Company) Boston and

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Indiana Harbor Belt Railroad Company Massachusetts Bay Commuter Railroad Monongahela Connecting Railroad Company Norfolk Southern Corporation

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THOMAS J. NEMETH

General Chairman 58 Grande Lake Drive, Suite 2 Port Clinton, OH 43452 (216) 382-7122 Fax: 216-382-5583 tbones8@ameritech.net

EDWARD W. LONG

First Vice Chairman 3493 Webster Road Fredonia, NY 14063-9762 Phone/Fax: (716) 672-6322 elong@netsync.net

PAUL KILGALLON

Second Vice Chairman 59 Carriage Road Clifton Park, NY 12065-7503 (518) 371-4725 Fax: 518-371-4726 pkilga@aol.com

JASON E. GRAHAM

Secretary-Treasurer 1123 Washington Avenue Girard, OH 44420-1964 Phone/Fax: (234) 421-5201 iakgraham@hotmail.com

MICHAEL D. FLOWERS

Assistant General Chairma 402 East 1000 North Alexandria, IN 46001-8487 Phone/Fax: (765) 724-4337 m.d.flowers@att.net

JEFFERY J. BAINTER

Assistant General Chairma 300 North Bliss Avenue Muncie, IN 47304 (765) 759-8760 Fax: 765-759-8761 ibainter@bmwe.org

TIM HOFFMAN

Assistant General Chairman 36512 Derby Downs Drive Solon, OH 44139-2656 thoff62920@sbcglobal.net

JESSE J. DEWE

Assistant General Chairman 8483 Stout Road Cuba, NY 14724-9714 Phone/Fax: (585) 968-8898 iidew08@aol.com

DAVID G. BFAI

Assistant General Chairman 6324 W. Bethel Avenue Muncie, IN 47304-8509 (765) 730-5043 bmwed89@gmail.com

PERRY K. GELLER, JR.

Assistant General Chairman P.O. Box 953 Port Clinton, OH 43440-0953 (419) 309-0570 clevelandrocks2@hotmail.com

ELGIN, JOLIET & EASTERN SYSTEM DIVISION

Elgin, Joliet and Eastern Railway Company

ROLANDO DELMURO

General Chairman 6912 Foxwood Drive Schererville, IN 46375-4462 (219) 314-9658 rdelmuro87@yahoo.com

DAVID W. CHRISTIAN

26 N. Hobart Road

ROBERT De LA PAZ

Assistant Chairman 7821 W/ 157th Place 2 Orland Park, IL 60462-5188

JOHN WERR

Secretary-Treasurer 8630 Raintree Road Tinley Park, IL 60487 (708) 429-4909 Cell: (708) 743-4516

ILLINOIS CENTRAL GULF FEDERATION

(270) 247-0600 Fax: 270-247-0453 bmweicgf@att.net

333 East Broadway Mayfield, KY 42066

Amtrak (New Orleans Union Passenger Terminal)

Cedar Rapids & Iowa City Railway Company Cedar River Railroad

Chicago, Central & Pacific Railroad Company Columbus & Greenville Railway Company Gateway Western Railway,

Illinois Central Railroad Meridian & Bigbee Railroad Company MidSouth Rail Corporation Mississippi Export Railroad

Northeast Illinois Railroad Corporation Paducah-Louisville Railway Southern Pacific, Chicago, St. Louis

Corporation -- Chicago, Missouri & Western Railway Company
SouthRail Corporation

Terminal Railway, Alabama State Docks

HAYWARD J. GRANIER

333 Fast Broadway Mayfield, KY 42066 (270) 247-0636 granier1@hotmail.com

DARRELL L. McGUIRE

First Vice Chairman/Secretary-Treasurer 333 East Broadway Mayfield, KY 42066 derailm66@gmail.com

NORTHEASTERN SYSTEM FEDERATION

Amtrak (Northeast Corridor) Amtrak (South Station, Boston, Massachusetts) Aroostook Valley Railroad Company Bangor and Aroostook Railroad Company CSX Transportation, Incorporation —Consolidated Rail Corporation
 —New York Connecting Railroad

Penn Central—New York, New haven and Hartford Railroad Company Delaware & Hudson Railway Company Guilford Transportation Industries

(Springfield Terminal Railway Company), Main Central Railroad Company, Portland Terminal Company Lamoille Valley Railroad Company Montreal, Maine & Atlantic Railroad New York, Susquehanna and Western Railroad

DALE E. BOGART, JR.

Corporation

3321 Vestal Parkway East #B Vestal, NY 13850-2145 (607) 217-5333 Fax: 607-217-5811 cptrackman@yahoo.com

RENATO G. RUFO

Vice General Chairman/Secretary-Treasurer 161 Isabella Avenue Providence, RI 02908 (401) 421-4292 Cell: (401) 829-2909 Fax: 401-454-0760

KENNETH E. HERRINGTON

Assistant General Chairman 36 Walnut Street Mechanicville, NY 12118-1040 (518) 664-3557 Cell: (518) 859-6816 kherring@nycap.rr.com

MICHAEL B. CARTER

Assistant General Chair 32 N. Cobble Hill Road Warwick RI 02886-9307 (401) 886-4747 Cell: (401) 465-1409 micart1954@yahoo.com

JOHN E. MILLER

Vice General Chairma 1131 County Road 35 Guilford, NY 13780-3122 Cell: (607) 316-7050 trucker51559@gmail.com

RICHARD S. PRINCIPATO

Vice General Chair 9 Prince Terrace Oakland, MF 04963-4550 (207) 680-6002

DAVID A. CONNER

Assistant General Cha 20 Nickerson Lane Rome, ME 04963-3238 (207) 397-2844

PENNSYLVANIA FEDERATION

(215) 574-3515 Fax: 215-574-1910 www.pennfedbmwe.org

Akron and Barberton Belt Railroad Company

Amtrak —Penn Central

Chicago Union Station Company Washington Terminal Company Canton Railroad Company CSX Transportation, Inc.

 Consolidated Rail Corporation
 Baltimore & Eastern Railroad Company Buffalo Creek Railroad Ironton Railroad Company, the Lehigh Valley Railroad Company Penn Central-Pennsylvania Railroad

Company, Pennsylvania-Reading Seashore Lines Monongahela Railway Company Maryland and Pennsylvania Railroad

Middle Fork Railroad Company

Norfolk Southern Railway Company -Consolidated Rail Corporation (See CSX Transportation, Inc.) Western Maryland Railway Company

JED DODD

General Chairperson 421 N. 7th Street, Suite 299 Philadelphia, PA 19123-3925 doddjed@verizon.net

WILLIAM K. MANNING

Vice Chairperson P.O. Box 285 Prospect Park, PA 19076-0285 (610) 461-8641 Fax: 610-461-0422 wkmanning@aol.com

GEORGE C. DAVIDSON

Vice Chairperson/Secretary-Treasures P.O. Box 2408 Aston PA 19014-2408 (610) 485-4365 Fax: 610-485-4369 gcdavidson@comcast.net

CHARLES W. HANSLER

Vice Chairperson 149 Andreas Road Andreas, PA 18211-9507 (570) 386-1155 Fax: 570-386-2811 chasrr@ptd.net

C. PERRY RAPIER

Vice Chairperson 309 Tillman Avenue Greenville, OH 45331 (937) 459-5335 Fax: 937-459-5336 prapier@woh.rr.com

PAUL DOMINIC

Vice Chairperson 503 Route 259 Ligonier, PA 15658 (724) 238-7505 Fax: 724-238-7506 coachptd@yahoo.com

ANTHONY ROCHON

Vice Chairperson P.O. Box 5267 Upper Marlboro, MD 20775-1267 (301) 336-9442 Fax: 301-336-3895

STEVE STEARN

Vice Chairperson P.O. Box 223 Perryville, MD 21903 (410) 658-6281 Fax: 410-658-6285

THOMAS WOHANKA

Vice Chairperson 238 Garfield Avenue Laurence Harbor, N.J. 08879 (732) 673-9076 Fax: 732-566-6313 wohanka@verizon.net

SOUTHERN SYSTEM DIVISION

(800) 537-2194

Fax: 865-671-1386

Norfolk Southern Corporation Seaboard Coast Line Railroad Company
—Piedmont and Northern Railway Company

Southern Railway Company

-Alabama Great Southern Railroad Company
Atlantic and East Carolina Railway Company Central of Georgia Railroad Company Chattanooga Traction Company Cincinnati, New Orleans and Texas Pacific

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Company Live Oak, Perry and South Georgia Railway

Company Louisiana Southern Railway Company New Orleans Terminal Company Norfolk, Franklin and Danville Railway Tennessee, Alabama & Georgia Railway Company Tennessee Railway Company Valdosta Southern Railroad

SAMUEL J. ALEXANDER

VAE Nortrak - Birmingham, AL Plant

P.O. Box 24068 Knoxville, TN 37933-2068 sam.alexander@charter.net

RICKY N. CHAMBERS

Assistant Chairman/Secretary-Treasurer P.O. Box 24068 Knoxville, TN 37933-2068 Cell: (662) 415-9391 rickvchambers@att.net

MARCUS F. HOOD

Vice Chairman 3470 Georgia Hwy 15 North Warthen, GA 31094-4024 Cell: (706) 832-1606 mm34ga@aol.com

UNIFIED SYSTEM DIVISION

Lyman, Wyoming Office - USD Headquarters

P.O. Box 850 Lyman, WY 82937 (307) 787-7058 usdgclyof@yahoo.com

(800) 525-1833 (307) 787-7058 Fax: 307-787-3100

Former-Los Angeles Union Passenger Terminal
Amtrak (Mechanical Facility, Los Angeles,

California) Belt Railway Company of Chicago Central California Traction Company Chicago and North Western

Transportation Company
Former—Chicago Great Western Railway

Company Chicago, St. Paul, Minneapolis & Omaha

Railway Company Dakota, Minnesota & Eastern Railroad Fort Dodge, Des Moines & Southern Railway Company
Minneapolis & St. Louis Railway Company

Minneapolis Industrial Railway Chicago and Western Indiana Railroad

Company Escanaba and Lake Superior Railroad

Company Harbor Belt Line Railroad McCloud River Railroad

Northwestern Pacific Railroad Company Ogden Union Railway and Depot Company Peoria and Pekin Union Railway Company Petaluma and Santa Rosa Railroad

Company
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Transportation Company Sierra Railroad Company

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—Pacific Lines Stockton Terminal & Eastern Railroad Tucson, Cornelia and Gila Bend Railroad Union Pacific System

Former—Mount Hood Railway Company Sacramento Northern Railway Tidewater Southern Railway

Company
Western Pacific Railroad Company Yakima Valley Transportation Company

Utah Railway Company VAE Nortrak - Cheyenne, WY Plant Valley & Siletz Railroad Company

LOUIS R. BELOW

General Chair P.O. Box 629 El Dorado, CA 95623-0629 (530) 622-7535 Fax: 530-622-7569 Lbelow.usd@att.net

15 JANUARY/FEBRUARY 2014

RICARDO CANCHOLA

P.O. Box 939 Elverta, CA 95626-0939 (916) 419-7754 Fax: 916-419-2066 rcanchola.usd@att.net

JEFF RANKIN

Vice Chairmai P.O. Box 733 Marshalltown IA 50158-0733 (641) 753-9060 Fax: 641-753-9607 mediacombb.net

DAVID R. SCOVILLE

Vice Chairman P.O. Box 141845 Spokane Valley, WA 99214 (509) 227-7295 Fax: 509-474-0386 brdgmnky@aol.com

MIKE GEKAS

P.O. Box 1658 1414 Z Avenue LaGrande, OR 97850-6658 (541) 962-7695 Fax: 541-963-4103 Cell: (202) 731-8229 mgekasusd@gmail.org

TONY D. CARDWELL

Vice Chairman 16727 Pony Express Way Bend, OR 97707 (541) 593-0334 Fax: 541-593-3120 cardwell.usd@gmail.com

GALEN E. OWEN

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235 Nature Valley Place Owatonna, MN 55060-1385 (507) 446-0901 Fax: 507-446-0903 bjrumler@gmail.com

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PO Box 201 Amherst, NE 68812-0212 (308) 238-0040 Fax: 308-238-0083 amurphy.usd@frontier.com

WISCONSIN CENTRAL SYSTEM DIVISION

(920) 494-BMWE (2693) Fax: 920-494-2694 brothersbmwe@sbcglobal.net

.

Wisconsin Central

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ALABAMA

JAMES "TERRY" FRANKS 361 8th Avenue East Guin, AL 35563 (205) 468-2171 Cell: (205) 269-5720 terryfra@centurylink.net

ARIZONA

GREGORY S. KREIE P.O. Box 25861 Prescott Valley, AZ 86312-5861 Cell: (202) 230-7987 gkreie@sbcglobal.net

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JEFFREY L. FRY 1205 Greene Road 214 Beech Grove, AR 72412-8763 (870) 573-6946 jfry2@sbcglobal.net

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IDAHO

GARRY L. PURKEY 2334 N. Fort Hall Mine Road Pocatello, ID 83201-7308 (208) 233-8008 garrypurkey@aol.com

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ERIC D. DISMUKE 329 E. McIlrath St Harrisburg, IL 62946-1132 (618) 383-3539 dismuke2006@yahoo.com

INDIANA

JEFFREY J. BAINTER 300 N. Bliss Avenue Muncie, IN 47304 (765) 759-8760 Fax: 765-759-8761 Cell: (202) 258-1507 jbainter@bmwe.og

IOWA

RON HOFFMAN 1607 9th Avenue, S.W. Cedar Rapids, IA 52404 (319) 364-2180 Cell: (319) 270-3618

KANSAS

JOHN A. (TONY) MARTINEZ 1301 S. Sherman Ave. Liberal, KS 67901 (620) 624-6108 Cell: (620) 482-2578 <u>tlmartinez3636@sbcglobal.net</u>

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SCOTT KERLING 1200 Division Street, S. Northfield, MN 55057-2622 (507) 645-2622 Cell: (952) 393-6617 rrbridgeguy@yahoo.com

MISSISSIPPI

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MONTANA

CODY DIX 636 7th Avneue, N. Glasgow, MT 59230-1744 (406) 263-7329 dix.cody@yahoo.com

NEBRASKA

ANDREW T. MURPHY P.O. Box 201 Amherst NF 68812-0201 (308) 238-0040 Fax: 308-238-0083 amurphy.usd@frontier.com

NEVADA

FRANCISCO J. ROMO 5952 Hickory Nut Ave. Las Vegas, NV 89142-0809 (702) 207-4696 fromo18@yahoo.com

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PETER C. RICARDI 486 Chapman Road Keene, NH 03431-4380 petercharles@mvwav.com

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FRANK DAVID P.O. Box 416 Vanderwagen, NM 87326-0416 (505) 778-5794 Cell: (505) 979-1093

fdavid@wildblue.net **NEW YORK**

JESSE J. DEWE 8483 Stout Road Cuha NY 14727 (904) 404-6638 jjdew08@aol.com

NORTH CAROLINA

FREDRICK C. BESS 429 Glencroft Drive Wingate, NC 28174 (704) 733-8012 frebes36@msn.com

NORTH DAKOTA

COREY C. JOHNSON 911 4th Street SW Minot, ND 58701 (701) 420-2070 Cell: (701) 720-4750

OHIO

PERRY K. GELLER, JR. P. O. Box 953 Port Clinton, OH 43440-0953 Cell: (419) 309-0570 clevelandrocks2@hotmail.com

OKLAHOMA

RONNIF J. TAYLOR 1405 W. Oklahoma Ave. Enid, OK 73703-5740 Cell: (405) 740-6917 ron.taylor@hotmail.com

OREGON

MIKE E. GEKAS P.O. Box 1658 1414 7 Avenue LaGrande, OR 97850-6658 (541) 962-7695 Fax: 541-963-4103 Cell: (202) 731-8229

PENNSYI VANIA

WILLIAM K. MANNING P.O. Box 285 Prospect Park, PA 19076-0285 (610) 461-8641 Fax: 610-461-0422 Cell: (610) 322-7071 wkmanning@aol.com

RHODE ISLAND

GEOFFRAY ALBRO 1565 Main Street Coventry, RI 02816-8444 (401) 419-2473 geoffa78@verizon.net

SOUTH CAROLINA

BRYANT D. MOSES 705 S. Church Street Florence, SC 29506 (843) 669-8177 Cell: (843) 618-3473

SOUTH DAKOTA

TIMOTHY R. EVEN 1310 3rd Ave. NE Aberdeen, SD 57401 (605) 262-8000 Cell: (605) 216-2901 treven_57401@yahoo.com

TENNESSEE

JEFFREY JOINES 940 Harkreader Road Mount Juliet, TN 37122-4015 (615) 443-0298 Cell: (615) 337-9643 jeffjoines@bellsouth.net

TEXASRICKY J. RICHARD 5307 Lyre Street Orange, TX 77630-8874 (409) 735-9386 Cell: (409) 749-0663 101slickrick@sbcglobal.net

UTAH

PHILLIP O. SCOTT 2002 S. 1840 W. Syracuse, UT 84075-8547 (801) 525-1958 phils8@yahoo.com

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VIRGINIA

GREGORY L. MARSTON 400 Melody Lane Crewe, VA 23930-1066 (434) 645-7496 Fax: 434-645-1859 Cell: (434) 298-6941 vabmwe@embarqmail.com

WASHINGTON

ANDREW J. WELLS 1411 E 3rd Circle LaCenter, WA 98629-5548 Cell: (306) 936-2737 wells05@comcast.net

WEST VIRGINIA DANA D BOOTH

310 1/2 Beverly Pike Belington, WV 26250-9412 (304) 823-2054 trackerdana@gmail.com

WISCONSIN JOSHUA KRAMER 711 Michelson Street N

Hudson WI 54016 Cell: (651) 271-6478 jkluggnut@gmail.com

WYOMING

KRISTINA DELGADO P.O. Box 1761 Casper, WY 82602-1761 (307) 234-6510 Fax: 307-234-6510 Cell: (307) 259-8643 kristyd307@aol.com

Legal Aid Program List

Here is an updated list of the approved attorneys in the Brotherhood of Maintenance of Way Employes Division's Legal Aid Program who can be called on for advice and assistance when needed in case of on-the-job personal injury or death.

Brotherhood of Maintenance of Way Employes Division members who are injured on the job, or the dependents of members killed as a result of such injuries, should ascertain their rights and protections under the Federal Employers' Liability Act (FELA) before attempting any settlement with a railroad company.

Under the Legal Aid Program, in case of personal injury or death while employed on a railroad, a Brotherhood of Maintenance of Way Employes Division member or his family has access to competent legal counsel in making claims under the FELA.

The Brotherhood of Maintenance of Way Employes Division-approved legal aid attorneys are well qualified to handle cases under the FELA.

LAW FIRMS APPROVED TO HANDLE CASES FOR MAINTENANCE OF WAY EMPLOYES UNDER THE FEDERAL EMPLOYERS' LIABILITY ACT

Blunt & Slocomb, Ltd.

60 Edwardsville Professional Park P. O. Box 373 Edwardsville, IL 62025 TELEPHONE: (618) 656-7744

FAX: 618-656-7849

TOLL FREE NATIONAL: (800) 323-5538

www.bluntlaw.com

Daniel J. Downes, P.C. *

101 N. Wacker Drive, Suite 200 Chicago, IL 60606 TELEPHONE: (312) 781-1852 FAX: 312-781-1854 TOLL FREE: (800) 624-2121 ddownes@ridgedownes.com

www.ridgedownes.com

Hubbell Law Firm, L.L.C.

Union Station 30 West Pershing Road, Suite 350 Kansas City, MO 64108-2463 TELEPHONE: (816) 221-5666 FAX: 816-221-5259

TOLL FREE NATIONAL: (800) 821-5257

www.hubbellfirm.com

Ingebritson & Associates, P.A.

Attorneys at Law **IDS Center** 80 S. 8th Street, Suite 2030 Minneapolis, MN 55402 TELEPHONE: (612) 340-8290 FAX: 612-342-2990

TOLL FREE NATIONAL: (800) 282-6393

www.ingebritson.com

Jones, Granger, Tramuto & Halstead

P. O. Box 4340

Houston, TX 77210-4340 TELEPHONE: (713) 668-0230 FAX: 713-956-7139

TOLL FREE

TX ONLY: (800) 392-0620 NATIONAL: (800) 231-3359 www.jonesgranger.com weldon@wgranger.com

James A. Ebert, LLC

Attorney at Law 15 Piedmont Center, Suite 1560 3575 Piedmont Road, NE Atlanta, Georgia 30305 TELEPHONE: (404) 872-7759 FAX: 404-872-9430

TOLL FREE: (888) 753-0533 jebert@jamesebert.com www.jamesebert.com

The Moody Law Firm *

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FAX: 757-397-7257

TOLL FREE NATIONAL: (800) 368-1033

www.moodyrrlaw.com

Pratt & Tobin, P.C.

P. O. Box 179 Route 111 at Airline Drive East Alton, IL 62024 TELEPHONE: (618) 259-8011 FAX: 618-259-6793

TOLL FREE: (800) 851-5562 www.prattandtobin.com

Rossi Vucinovich Flaskamp P.C. *

1000 Second Avenue, Suite 1610 Seattle, WA 98104

TELEPHONE: (425) 646-8003

FAX: 425-646-8004

TOLL FREE: (866) 357-RAIL (7245)

www.rcvpc.com

Thornton & Naumes, L.L.P.

100 Summer Street, 30th Floor Boston, MA 02110

TELEPHONE: (617) 720-1333

FAX: 617-720-2445 TOLL FREE NATIONAL: (800) 431-4600

www.tenlaw.com

*Note: Primary office location.

Why Choose A BMWED-**Designated FELA** Attorney?

In this day of specialization, most lawyers, like most doctors and other professionals, tend to specialize. If you have tax problems, you go to a lawyer who knows the tax laws. If you have family matters to be

handled, you go to a lawyer who knows the laws about wills, estates, probate, divorce, etc. That is why, if you're injured on the railroad, you need to go to a lawyer who knows the Federal Employers' Liability Act (FELA).

FELA became law in 1908. Under FELA, an injured railroad employee or his/her family survivors have the right to recover damages in court (state or federal). They have the right to a jury trial which can award damages based upon the railroad's negligence that resulted in the employee's injury or death.

Choosing a Brotherhood of Maintenance of Way Employes Division-designated FELA attorney is important because, as one court case stated, "injured workers or their families often fall prey ... to persuasive claims adjusters eager to gain a quick and cheap settlement for their railroad employers, or to a lawyer either not competent to try these lawsuits against the able railroad counsel or too willing to settle a case for a quick dollar."

Since most people don't deal with lawyers except in a time of need, the Brotherhood of Maintenance of Way Employes Division has a long-standing policy of evaluating FELA law firms. Using established guidelines, the Brotherhood of Maintenance of Way Employes Division chooses the best to be on its approved or designated list which is printed

OFFICIAL NATIONAL DIVISION CREDENTIAL Brotherhood of Maintenance of Way Employes Division

International Brotherhood of Teamsters

The bearer of this credential is authorized as a representative of approved counsel by the Brotherhood of Maintenance of Way Employes Division to consult and investigate accidents involving death or injury to our members. The credential expires on January 1, 2015 unless revoked.

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Freddie N. Simpson/President	Perry K. Geller, Sr./Secretary-Treasurer

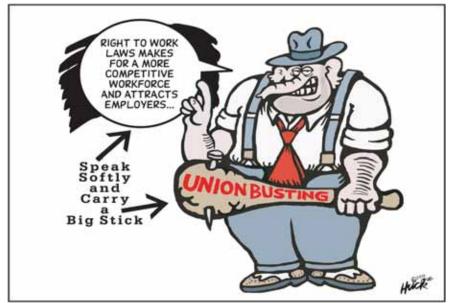
twice yearly in the Brotherhood of Maintenance of Way Employes Division Journal.

Criteria used for evaluating FELA law firms include:

- Must have an established record of successful litigation experi-
- Must furnish National Division with a summary of cases handled (insofar as such disclosure is consistent with "attorney-client" privilege).
- Must charge a contingency fee of no more than 25 percent.
- Must give injured members free advice in connection with their injury and render free assistance to them in related matters.

Because the Brotherhood of Maintenance of Way Employes Division recognizes the importance of competent and fair legal counsel for its members, it regularly monitors the activities of the law firms on its list and makes changes when needed.

If you do not have a copy of the approved list of attorneys when you need it, just call your system division or federation office and they will give you names and other necessary information. In addition, all approved attorneys are issued official Brotherhood of Maintenance of Way Employes Division credentials each year. If an attorney contacts you, be sure to ask for his credential.



JANUARY/FEBRUARY 2014



PRESIDENT'S PERSPECTIVE

Let's help put high-speed rail on track

The BMWED joined other rail labor organizations last month in supporting California Gov. Jerry Brown's efforts in seeing through the state's ambitious high-speed rail line — track that, upon completion,

would link Los Angeles to San Francisco. The planned route would represent the largest and most impressive stretch of high-speed rail in the United States.

Recent battles in the California legislature have pulled the brakes on bullet trains before they've even fired an engine. It was predictable. Golden State Republicans have vowed to refuse millions of federal dollars through President Obama's stimulus program — much like GOP governors in Wisconsin, Florida, and Ohio have done already — in an interest to keep corporate taxes low. They veil this intent, as they always do, with a blanketed "looking out for the taxpayer" defense, which rings hollow. They are "looking out" for their campaign donors - you know, the richest among us — who have no interest in reinvesting in public infrastructure, such as transportation. Such things happen when you represent the one percent who fly by private jet.

What's most unfortunate about the political squabble over high-speed rail in California is that the debate disingenuously purports to be a case of government oversight at the behest of taxpayers. California voters approved the high speed rail initiative at the ballot box in 2008. Ever since, Republicans have attempted to sabotage the plan by

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strangling it financially. The federal government earmarked funding for high-speed rail, but the GOP has stubbornly thrown up the stop signal. Then they blame the governor, state legislature and the California High Speed Rail Authority for not having the money they promised to have ready, when in reality the GOP has created the problem. One wonders if these obstructionists hold their nose when driving on the interstate, yearning for the days of bumpy, dirt roads and horse-drawn covered wagons.

California is projected to add 20 million residents in the next 35 years. Present day highway traffic in Los Angeles is already congested beyond Chris Christie's wildest dreams. San Francisco and San Diego are hardly better. The highways of California cannot take on more traffic, and high speed rail is a remedy – one that is cleaner than carbon-polluting cars and planes and, best of all, creates thousands of railroad jobs.

According to a California High-Speed Rail Authority study, the construction of the L.A. to San Francisco rail line will generate 66,000 jobs annually for 15 years, while also leading to the direct employment of 4,500 people. An additional 400,000 long-term, permanent jobs could indirectly

result from the track construction since additional communities would become more readily accessible by train.

Gov. Brown (D) wants to use funding from the state's cap and trade program to supplement the high-speed rail project, something that is now required in light of Republican lawmakers undermining federal stimulus money designated for the project. But rightwingers won't like cap-and-trade funding either, because that money is coming out of the same pockets of their biggest campaign donors. On Fox News, they've taken to calling the plan a "scheme," a negative connotation that reveals the corporate puppet masters' distaste at spending a portion of their massive profits on public services.

Here's a brief synopsis on cap and trade for those unfamiliar. Cap and trade programs work by setting industry-wide limits — or "caps" — on greenhouse gas emissions. A company can either curb their emissions to state clean air standards or purchase allowances to pollute more. The law dictates that money California secures from cap penalties must be spent on projects that reduce emissions to 1990 levels by 2020.

Gov. Brown is learning that Kermit the Frog was right — it's not

easy being green — especially when GOP policy makers are in the practice of undermining your plan. Republicans have taken to arguing that, sure, high-speed bullet trains will reduce CO2 pollution, just not quickly enough. It will take years, they say, for it to make any real impact — foolishly standing on this hackneyed, backwards logic that is about as rational as putting off going to the dentist until your teeth rot out

France and Spain recently completed a high-speed rail line that links Paris to Barcelona and has cut that 12-hour commute in half to six. Another recently completed Italian bullet train from Milan to Rome has proven so successful that low-rate European airline carrier Ryan Air has recently suspended its service between the two cities. China has already employed high-speed rail throughout its country and is well ahead of most.

It is time to look to the future of American transportation and the California High-Speed Rail Line is a great place to start. Progress does not come without many challenges, but politics should not be an insurmountable hurdle. The BMWED supports high-speed rail because it is on the right track.







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BILL R MC CRAY	AT&SFF	2417	1983
JOHN F MC GRADY	PENN	3068	1983
M L MOATS	SOU	0567	1983
JAMES L OLIVER	PENN	3068	1983
LAWRENCE E SMITH	PENN	3075	1983
JOSEPH R STUDIVANT	PENN	3041	1983



HERIBERTO H BELMONTE	USD	1046	1973
KEITH BERNING	USD	0437	1973
MICHAEL E BOHALL	USD	0700	1973
DAVID K BORTZ	BURL	2643	1973
RICHARD W BRADDOCK	AF-SW	0203	1973
A U BRINKSCHROEDER	AT&SFF	2401	1973
JEREMIAH BROWN	AF-SW	1127	1973
THOMAS M BUCKLEY	CRSF	0482	1973
GEORGE J BURGHART III	USD	1216	1973
ERNESTO CHAVEZ	USD	0107	1973
THOMPSON D CHEE	USD	1402	1973
JACK M CHEEK	USD	0899	1973
MIKE A CHERNE	USD	2427	1973
JIM K COLE	BURL	1316	1973
RANDOLPH O CORTEZ	USD	0686	1973
HAROLD T COTTRELL JR	BURL	1832	1973
JAMES A COUSINEAU III	CRSF	0612	1973
REX P CUTLER	USD	1227	1973
GERALD D DAY	BURL	1662	1973
DALE K DULANEY	PENN	3006	1973
FLOYD G DUNCAN	AF-SE	0130	1973
RICHARD A EBY	AF-SE	1432	1973
JACK D ELLIS	BURL	1832	1973
KENNETH B ENYART	AF-SE	0460	1973
LEONEL C ESQUIVEL	AF-SW	1563	1973
JOHNNY T FERNANDER	SOU	0536	1973
STEVEN L FIELDS	BURNOR	0104	1973
DENNIS J FIGG	CRSF	1259	1973
TERANCE V FILBIN	BURL	1214	1973
MICHAEL R FINLEY	CRSF	1984	1973
JOHN W FREEMAN	BURNOR	0320	1973
GEORGE GARZA	AF-SE	2624	1973
RAY GUERRERO	EJ&E	0358	1973
	KEITH BERNING MICHAEL E BOHALL DAVID K BORTZ RICHARD W BRADDOCK A U BRINKSCHROEDER JEREMIAH BROWN THOMAS M BUCKLEY GEORGE J BURGHART III ERNESTO CHAVEZ THOMPSON D CHEE JACK M CHEEK MIKE A CHERNE JIM K COLE RANDOLPH O CORTEZ HAROLD T COTTRELL JR JAMES A COUSINEAU III REX P CUTLER GERALD D DAY DALE K DULANEY FLOYD G DUNCAN RICHARD A EBY JACK D ELLIS KENNETH B ENYART LEONEL C ESQUIVEL JOHNNY T FERNANDER STEVEN L FIELDS DENNIS J FIGG TERANCE V FILBIN MICHAEL R FINLEY JOHN W FREEMAN GEORGE GARZA	KEITH BERNING USD MICHAEL E BOHALL USD DAVID K BORTZ BURL RICHARD W BRADDOCK AF-SW A U BRINKSCHROEDER AT&SFF JEREMIAH BROWN AF-SW THOMAS M BUCKLEY CRSF GEORGE J BURGHART III USD ERNESTO CHAVEZ USD THOMPSON D CHEE USD JACK M CHEEK USD MIKE A CHERNE USD JIM K COLE BURL RANDOLPH O CORTEZ USD HAROLD T COTTRELL JR BURL JAMES A COUSINEAU III CRSF REX P CUTLER USD DALE K DULANEY PENN FLOYD G DUNCAN AF-SE RICHARD A EBY AF-SE JACK D ELLIS BURL KENNETH B ENYART AF-SE LEONEL C ESQUIVEL AF-SW JOHNNY T FERNANDER SOU STEVEN L FIELDS BURNOR DENNIS J FIGG CRSF TERANCE V FILBIN BURL MICHAEL R FINLEY CRSF JOHN W FREEMAN BURNOR GEORGE GARZA AF-SE	KEITH BERNING USD 0437 MICHAEL E BOHALL USD 0700 DAVID K BORTZ BURL 2643 RICHARD W BRADDOCK AF-SW 0203 A U BRINKSCHROEDER AT&SFF 2401 JEREMIAH BROWN AF-SW 1127 THOMAS M BUCKLEY CRSF 0482 GEORGE J BURGHART III USD 1216 ERNESTO CHAVEZ USD 0107 THOMPSON D CHEE USD 1402 JACK M CHEEK USD 0899 MIKE A CHERNE USD 2427 JIM K COLE BURL 1316 RANDOLPH O CORTEZ USD 0686 HAROLD T COTTRELL JR BURL 1832 JAMES A COUSINEAU III CRSF 0612 REX P CUTLER USD 1227 GERALD D DAY BURL 1662 DALE K DULANEY PENN 3006 FLOYD G DUNCAN AF-SE 1432 JACK D ELLIS BURL 1832 KENNETH B E

RICHARD J GURZYNSKI	AF-SE	2624	1973
MARK L HACKEL	USD	0425	1973
JOHN M HERBST	USD	0278	1973
STEPHEN HILL	CRSD	2906	1973
GEORGE E HOPSON JR	CRSFNP	1997	1973
LARRY G HUGGINS	AT&SFF	2411	1973
CONRAD K HUNDLEY	AF-SE	2162	1973
CARL R JACKSON	USD	0278	1973
DENNIS D JACKSON	AF-SW	0688	1973
JOHN A JANGULA	USD	2431	1973
GILBERT JONES	AF-SW	1058	1973
REX E KRIEDEMAN	BURL	1498	1973
STEVE A LACEY	USD	0757	1973
ALLEN W LANGE	USD	1148	1973
STEVE F LAWLER	BURL	2852	1973
ERNIE W LEE	CRSF	1984	1973
GARY H LEHMANN	USD	0239	1973
GARY J LOWRY	AF-SW	0965	1973
CHARLES A LUERAS	AT&SFF	2416	1973
ROBERT E MABE	AF-SE	2102	1973
RONALD MACKLIN	AF-SE	0563	1973
WAYNE A MC DONALD	SOU	0660	1973
MIKE D MC QUITTY	USD	1517	1973
ROBERT M MILINKOVICH	DM&IR	1710	1973
HILARIO R MONTEMAYOR	USD	2853	1973
RICHARD L MONTGOMERY	SOU	0546	1973
GORDON MOORE	AF-SE	1643	1973
JERRY B MORGAN	USD	1879	1973
DAVID W MORRIS	AT&SFF	2405	1973
RANDY V MORROW	BURL	1533	1973
RICHARD D PAHLS	AF-SE	1432	1973
ANDREW M PAPPAS	DM&IR	1710	1973
CRAIG C PETERSON	BURNOR	1426	1973
ARLEN R PETERSON	BURL	1214	1973
RICHARD E POND	USD	1757	1970
MICHAEL R POOLE	AT&SFF	2413	1973
ROBERT E PUCKETT, JR.	AT&SFF	2409	1973
ARTURO ROMERO	USD	0918	1973
GREG A SANDSTROM	BURL	0509	1973
WALTER D SAUNDERS JR	AF-SE	2912	1973
STEVEN J SCHAEFFER	CRSF	0704	1973
RONALD W SCHLEGEL	CRSF	0707	1973
GENE A SCHMELING	BURNOR	0297	1973
LEON SMITH	AF-SE	1643	1973
STEVE R SOSBY	SOU	0673	1973
GLENN E SPIECE	SOU	0523	1973
ROBERT W STORER	AT&SFF	2405	1973
WILLIAM E STRUNK	USD	0381	1973
STEVEN W SUMMERS	USD	1133	1973
MARTIN R SUSTAITA	AF-SW	1365	1973
RONALD L SUTTON	AT&SFF	2404	1973
DAVID P THOMAS	AF-SE	0424	1973
MICHAEL E THOMAS	AT&SFF	2414	1973
RICHARD A TUOMI	DM&IR	1710	1973
KURT J VANDERMARK	CRSF	1350	1973
VICTOR P VILLARREAL	AF-SW	1058	1973
VERNON J WELLS	AF-SE	2624	1973
JAMES J WILSON JR	ASF	1700	1973
TIMOTHY D WOODWARD	CRSFNP	1664	1973
RICARDO L ZAVALA	USD	0591	1973
D E ZUEGE	BURL	1351	1973
D L LULUL	DOLL	1331	17/3



LF SMITH ASF 0551 1953

A Reminder on Holiday Rules

If you are a furloughed employee of a railroad covered by the U.S. National Agreement with at least 60 days of seniority or 60 calendar days of continuous service preceding a covered holiday, and if you had compensation paid by the carrier credited to 11 or more of the 30 calendar days immediately preceding the holiday, you may be entitled to pay for that holiday even though you are For detailed information furloughed.

The complete list of holidays are:

- New Year's Day President's Day Good Friday Memorial Day Fourth of July Labor Day
- Day after Thanksgiving Christmas Eve (the day before Christmas is observed) Christmas Day
- New Year's Eve (the day before New Year's Day is observed)

contact your General Chairperson.

Thanksgiving Day

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WILLIAM E MC OWEN

LUIS S MENDEZ

ADAM S MILLS

HUGO C MENDEZ

JOSEPH H MINOR

RICARDO MUNGUIA

WAYNE M NEUENS

FRANK HOWENS JR

GIOVANNI PETRILLO

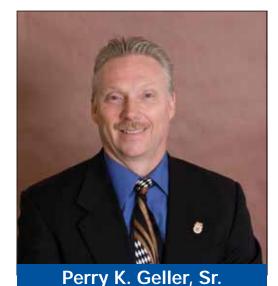
FRANK J PUEBLA JR

JESSE R RANGEL JR

GEORGE ROBERTS II

JUAN L RODRIGUEZ

JAMIE L PERRY



SECRETARY-TREASURER'S REPORT

Sometimes even the simplest concepts of law become convoluted volumes of words and clauses that confuse and confound. There are many well-intended laws or regulations that become tortured examples of

bureaucratic "mumbo-jumbo" by the time they work their way through the legislative/regulatory process from concept to law.

The convoluted process of lawmaking has been a source of ridicule and consternation for virtually all of recorded history. Undoubtedly, the ancient empires of the world wrestled with the ugliness and inefficiencies of lawmaking; just as modern governments and legislative bodies wrestle with it today.

Otto Von Bismarck, a 17th Century German Chancellor, best captured the ugly essence of lawmaking. Bismarck said, "The man who wishes to keep his respect for sausages and laws should not see how either is made." Bismarck's observations are timeless and easily apply to many aspects of our union lives; collective bargaining, legislation, and regulatory rulemaking just to name a few.

The Final Rule on roadway worker Adjacent Track Protection, published on Jan. 10, 2014, epito-

mizes sausage-making at its worst. In 2006, after nearly two years of negotiated rulemaking through the FRA's Rail Safety Advisory Committee (RSAC), BMWED, BRS, the railroad industry, and the FRA reached consensus on proposed language to strengthen the provisions of adjacent track safety under the Roadway Worker Protection regulations. That consensus language, a mere three-quarter page of text, was unanimously approved by the full RSAC and forwarded to FRA for rulemaking in 2007.

FRA published a proposed rule on adjacent track protection in July 2008, but withdrew it in August 2008 after loud and persistent protests from BMWED and BRS due to significant deviations from the consensus agreed to in 2006. In November 2009, FRA issued a second revised proposed rule and BMWED and BRS again protested the proposed rule's significant deviations from the consensus agreement. Largely dismissing Labor's legitimate protests, the first iteration of a revised Final Rule was published by FRA in

November 2011, with an effective date of May 1, 2012.

Immediately following publication of the 2011 Final Rule, the Association of American Railroads, the American Regional and Short Line Railroad Association, the American Public Transportation Association, and several individual railroads filed Petitions for Reconsideration, with FRA claiming the cost of providing adjacent track protection under the Final Rule was too high.

In response to the railroads' petitions, FRA postponed the effective date of the rule until July 1, 2014. Then, on Jan. 10, 2014, FRA issued revisions to the Final Rule; providing the industry with additional exceptions to adjacent track protection as a cost saving measure.

In the grand tradition of sausage-making, the revised Final Rule includes over 30 pages of preamble discussion and regulatory text. On its face, it is one of the most convoluted and difficult to read regulations I have seen in my entire railroad career. The Final Rule is

loaded with exceptions that unfortunately diminish some of the protections BMWED had fought to preserve since the original consensus was reached in 2006. In the end, too many government lawyers and bureaucrats bending to too much political pressure from the railroads finished making the sausage.

In Otto Von Bismarck's sausage analogy, he was also quoted as saying "With reference to the laws, knowledge of how they are made may increase our respect for them and their makers; and if it does not, we are at least able to express our dissatisfaction in an intelligent manner."

Here, I express my dissatisfaction with the almost decade-long rulemaking process and the exceptions/exclusions granted in the Adjacent Track Final Rule. I assure you that BMWED will continue the fight to strengthen on-track safety until every member gains the full promise of the law: "Freedom from the danger of being struck by moving trains and equipment."

NOTICE

Article XV, Section 8 - Transfer Refunds

Sec. 8. Refunds of monthly dues, fees and assessments for those who transfer outside the jurisdiction of BMWED will only be allowed for the

months following the month the applicable General Chairman involved receives a written request and/or a valid revocation of the Dues Deduction Agreement wage assignment authorization. A notice pertaining to the Brotherhood's dues refund Bylaws provision will be published semi-annually in the Secretary-Treasurer Report of the *Journal* or its successor publication.

Wisconsin Central and the Duluth, Missabe & Iron Range System Divisions Merge

The Duluth, Missabe & Iron Range System Division Joint Protective Board met Dec. 17, 2013 and voted to merge with the Wisconsin Central System Division. The Wisconsin Central System Division Joint Protective Board also approved the merger, making it effective Jan. 1, 2014.

The merger comes on the heels of discussions between WCSD General Chairman Joe Letizia and DM&IR General Chairman Mike Nagle, who had laid the groundwork and provided the Board members with the information needed to make a decision to move the merger forward.

WCSD General Chairman Joe Letizia offered, "This merger will unite two systems who share a common territory, carrier, strength, and optimism. The last six years have been very trying for both systems due to a prolonged bargaining round. This has served only to solidify the two systems as proven by this merger. I look forward to the future of this system as we now move forward together with our Brothers and Sisters from the DMIR"

The name of the merged System Division will remain the Wisconsin Central System Division. The officers of the system division are:

General Chairman, Joe Letizia

Vice Chairman/Secretary-Treasurer, John Dake

Vice Chairman North, Mike Nagle



General Chairman Joe Letizia (far right) with members of the DM&IR Joint Protective Board.

Second Vice Chairman, Tom Daffinson

The new Joint Protective Board will meet again and hold elections in October 2014.



January 6, 2014

Dedication:

The FAMES Committee dedicates its efforts to all roadway workers who have lost their lives in the performance of duty and to the families, loved ones, and coworkers they have left behind.

Fatal Accidents Under Train Approach Warning (Watchman/Lookout)

Mission Statement

The Mission of the Fatality Analysis of Maintenance-of-way Employees and Signalmen (FAMES)

Committee is to analyze all fatalities and selected related incidents in order to make recommendations to reduce the risk of future occurrences and eliminate fatalities to roadway workers.

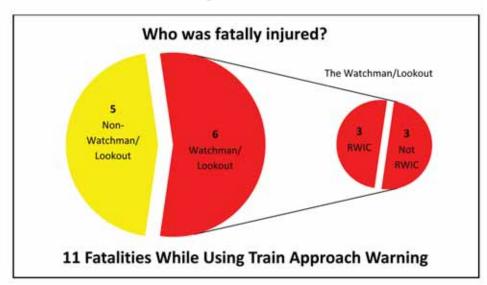
Fatal Accidents Under Train Approach Warning (Watchman/Lookout)

Following the implementation of the Roadway Worker Protection (RWP) Rule in 1997, there have been a total of 42 fatal RWP accidents, in which 44 roadway workers have perished, as of January 1, 2012. The FAMES Committee was able to obtain data to analyze 39 fatal RWP accidents, which accounted for 41 of the 44 fatalities. The FAMES Committee analysis is based on the available data.

One form of On-Track Safety for Roadway Work Groups is "Train Approach Warning" (TAW) provided by Watchmen/Lookouts.

- TAW (often referred to as Watchman/Lookout) does not require trains to get authorization from the Roadway Worker in Charge (RWIC) to move on any track(s).
- When using TAW, a warning must be given in sufficient time to enable each Roadway Worker to occupy a previously arranged place of safety at least 15 seconds prior to a train passing the Roadway Worker's location.
- Watchmen/Lookouts must be trained, qualified, and properly equipped to provide warning to Roadway Workers of approaching trains or on track equipment.

Of the 41 Roadway Worker fatalities analyzed by FAMES, 10 accidents resulting in 11 fatalities occurred where TAW was being used.



FAMES, Continued on Page 22

Apple Setup Instructions

From your Apple device, open the App Store, single click the Search button that is in the bottom, right corner. At the top of the screen, type "rss" in the search field and click Search. Scroll down the results until you get to XFeed RSS Reader and click it. You will be presented with more info on the application. Single click the Free button so it changes to say Install. Single click the Install button so the app is added to your phone. Once finished, click the icon to start the app. Single click the Plus button at the bottom of the screen and type http:// www.bmwe.org/rss.xml in the feed URL box. Single click Search so the feed can be found.

Android Setup Instructions

Open the Market. Single click the Search button in the upper, right hand corner. At the top of the screen, type rss in the search field and click Search. Scroll down until you get to "gReader (Google Reader / RSS)" and click it. Single click the Download button. Single click the "Accept & download" button. Once downloaded click the "Open" button. Select your Google account and click "Allow." Single click the + in the upper right-hand corner and type http:// www.bmwe.org/rss.xml in the feed URL box. Select Search. Once the feed is found click the + sign to add the feed.



Scan me for instructions to download the app for BMWED news

Change of Address Request

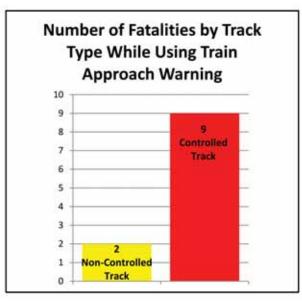
Please remember to notify your System
Office or the National Division of any change of address or telephone number. It is vital that this information be kept current. Railroad employers do not always provide this information to the BMWED.

Learn more about the Teamsters Human Rights Commission, and how you can participate.

Contact BMWED Vice President Roger Sanchez at (281) 354-4812, or, by email at lodge1507@aol.com.



FAMES, Continued from Page 21



In 4 of the 10 fatal accidents, the Watchmen/Lookouts were not using prescribed warning devices, such as a whistle, air horn, white disk, red flag, lantern, or fusee. In one fatal accident under TAW, FAMES was unable to determine if the Watchman/Lookout was equipped with such devices. In the other five fatal accidents, the Watchmen/Lookouts were equipped with the prescribed warning devices.

Findings:

- In 6 of the 10 fatal accidents, the Watchman/Lookout was the fatally injured employee.
- · 9 of the fatal accidents occurred on controlled track.
- In 3 of the fatal accidents, the Watchman/Lookout was performing other duties or not focused solely on the detection of approaching trains when the fatality occurred.
- In 1 accident, the fatally injured Roadway Worker was not in a position that allowed him to receive the TAW.
- · In 4 of the fatal accidents, trains were running against the anticipated flow of traffic.
- In 2 of the fatal accidents, two trains passed in close succession and a Roadway Worker was struck by the second train.

OR Codes

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A QR code (Quick Response Code) is a two-dimensional code that can be scanned with a mobile phone to gain access to specific information via the mobile web.



Scan me to Visit BMWED on Facebook!

Recommendations:

- Watchmen/Lookouts must focus their sole attention to the detection of approaching trains and equipment.
- Watchmen/Lookouts should position themselves outside the foul of any track whenever possible. Each Roadway Worker must maintain a position so he or she can receive a warning from a Watchman/Lookout at all times.
- Whenever environmental or working conditions change that could interfere with a Watchman/Lookout's ability to detect the approach of a train or provide appropriate warning, the Watchman/Lookout must immediately clear Roadway Workers from the tracks until proper protection can be established.
- Watchmen/Lookouts should take into consideration that passenger trains are generally quieter and faster than freight trains.
- If the work requires oversight and supervision from an RWIC, the RWIC must not perform the duties of a Watchman/Lookout.
- The RWIC must communicate precise instructions and expectations to Watchmen/Lookouts during the on-track safety briefings and ensure that Watchmen/Lookouts have a clear understanding of their responsibilities and duties.
- · The RWIC should consider rotating Watchman/Lookout assignments periodically.
- During the on-track safety briefing, the RWIC must identify the method that the Watchman/Lookout will use to indicate when it is safe for Roadway Workers to re-enter the foul of the track.
- Roadway Workers must not be in the foul of the track anytime they believe that TAW
 protection is insufficient or no longer appropriate. Roadway Workers have the right and
 responsibility to initiate a good faith challenge when necessary.

NEVER ANTICIPATE THE DIRECTION OR TRACK FROM WHICH THE NEXT TRAIN MAY APPROACH.

The FAMES Committee consists of safety representatives from a cross section of rail labor, railroad management, and federal regulators. FAMES is a continuous improvement process that relies on the candid sharing of available data and the views of its participants. To enable the process, FAMES explicitly refrains from making any findings regarding whether any past or present practice or protocol satisfies any legal duty or standard of care.

The views, opinions, and recommendations contained in this report are those of the FAMES Committee and do not necessarily represent the views, opinions, or recommendations of any specific railroad, labor organization, or governmental agency.

How to Use QR Codes

To access the information, you will need to download one of several free QR Code reader apps on your smartphone. When you see a QR Code, focus your camera on the image and the application will recognize the code and automatically open up the link to display the web content.



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BMWEDJOURNAL





Scan me to Visit BMWED on Twitter! WE WANT TO

HEAR

FROM

YOU

If you have a special hobby or talent, hold public office, or have a story you would like to share, we would like to hear from you. Share your story with our BMWED Brothers and Sisters in the *BMWED Journal*.

Please send us your pictures and brief details along with a name, address and telephone number.

You may email, or send by U.S. Mail to: cballew@bmwe.org

Or,

BMWED Journal c/o Clark Ballew 41475 Gardenbrook Road Novi, MI 48375-1328

Around the Brotherhood

Allied Federation Local Lodge 1563 Conducts Regular Quarterly Meeting

Guadalupe R. Hinojosa Honored

Allied Federation Local Lodge 1563 held their regular quarterly meeting in Laredo, Texas, Dec. 28, 2013. Allied Federation Vice Chairman Pedro "Pete" Amaro was on hand at his home lodge to discuss issues with the members.

During the meeting, the lodge members honored Brother Guadalupe Hinojosa on the occasion of his retirement. He was presented a plaque representing his 35 years of membership in the BMWED. The lodge also presented him with a watch.



Allied Federation Local Lodge 1563 members and guests.



Left to right, Pete Amaro, Guadalupe Hinojosa, and Local Lodge President James Tetzlaff.

Allied Federation Local Lodge 562 Members Attend Annual Christmas Dinner

Allied Federation Local Lodge 562 held their annual Christmas dinner and meeting in Florence, S.C., Dec. 14, 2013. Both BMWED South Region Vice President Roger Sanchez and Allied Federation Vice Chairman Russell Farmer were in attendance.



Allied Federation Local Lodge 562 members and guests.

Burlington System Division Members Make the News

Burlington System Division Members employed by Metra made the local news in December when they were spotted by the camera unloading salt to keep the train platforms slip-free at Lake Villa, III. The picture captured Tony Mieszanek passing down salt



BMWED members Scott Alexander, Bill Dehn, and Tony Mieszanek (in truck). Photo courtesy of Lake County News-Sun

bags from a truck to Scott Alexander and Bill Dehn in -7 degree weather. They are members of Metra's Fox Lake Bridge and Building crew. All are members of Local Lodge 2857.

Burlington System Division Local Lodge 961 Conducts Regular Quarterly Meeting

Burlington System Division Local Lodge 961 held their regular quarterly meeting Dec. 7, 2013. Burlington System Division Vice General Chairman Roy Miller



Burlington System Division Local Lodge 961 members and guests.

was on hand to discuss issues with the members.

Allied Federation Local Lodge 2163 Conducts Regular Quarterly Meeting Retirees Honored

Allied Federation Local Lodge 2163 held their regular quarterly meeting January 24, 2014, in Waycross, Ga. During the meeting three Local Lodge 2163 retirees were honored. Those honored included; 36 year veteran Machine Operator Wayne Waldron, 37 year veteran Track Inspector Terry Kearson, and 37 year veteran Mechanic Jimmy Griffin. Each were presented with a plaque for their years of membership in the BMWED and a \$50 gift certificate.

Brother Terry Kearson served as a member on the Joint Protective Board for the former Atlantic Coast Line Federation and the former Allied Eastern Federation, now the Allied Federation.



Left to right, Wayne Waldron, Allied Federation Vice Chairman Russell Farmer,
Terry Kearson, and Jimmy Griffin (picture submitted by Local Lodge President Tom
Boyd).

Continued on Page 24

Around the Brotherhood, Continued from Page 23



Burlington System Division Local Lodge members and guests.

Burlington System Division Local Lodges Attend Annual Christmas Dinner

Burlington System Division Local Lodges 783, 788, 798, 1533 and 2621 gathered in Macomb, III. on Dec. 7, 2013, for their annual Christmas dinner. The members and guests enjoyed fellowship and a great meal which was prepared by the women of the local VFW Post.

During festivities, a bench built by retired Vice General Chairman Don Willing was raffled off to assist brother Rodney Malcomb with his medical expenses. The raffle was held prior to and during the Christmas dinner and a total of \$1,205 was raised for brother Malcomb. Greg Nichols won the bench and donated it back for auction.

BMWED Womens' Committee Announces Raffle Winners

The BMWED Womens' Committee held a raffle recently to raise money to assist in the expense for the BMWED women while attending the Teamster Womens' Conference. A quilt made by Sister Jennifer Ross was raffled off and won by Teamster Sister Jessica Brewer.

This is the second year Sister Ross has made and furnished a quilt for the raffle. She is a member of Burlington System Division Local Lodge 788. The Committee made over \$1,200 selling raffle tickets and t-shirts.



Raffle winner Jessica Brewer (center in baseball cap)

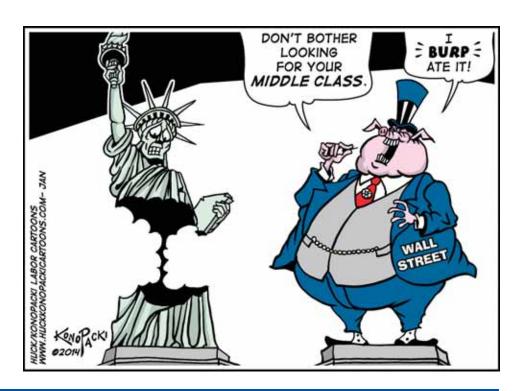
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Illinois Central Gulf Federation Local Lodge 616 Members Attend Annual Christmas Dinner

Illinois Central Gulf Federation Local Lodge 616 held its annual Christmas dinner Dec. 20, 2014 at the Townsend Community Center in Columbus, Mississippi. Members shared a hearty meal and much fellowship.



Illinois Central Gulf Federation Local Lodge 616 members and guests (Picture Submitted by Local Chairman Voncha Halbert pictured far right).



BMWEDJOURNAL

At the Colorado Railroad Museum, Brother Art Mitchell takes on volunteering with a full head of steam

When Engine No. 346 steams up, it literally stops traffic. Along both sides of nearby West 44th Avenue, curious drivers pull over to gawk. If you're heading to the grocery store, it can wait. If it's nine degrees outside in Golden, like it was on this late December afternoon, what the heck, roll your window down anyway. The impulse to snap some roadside pictures of the antique Denver & Rio Grande Western locomotive, as it choo-choos its way out of the 19th Century and onto your cell phone screen, is just too strong. These shots are going to get some "likes" on Facebook.

Inside the locomotive, pulling the levers, is Brother Art Mitchell. This is what Art loves — engineering old steam locomotives. Let's face it, running steam engines around the 1/3-mile loop of narrow gauge track is a grown man's version of playing with a Lionel train set. And there's nothing wrong with that, because it's super fun. A ride on the No. 346 is a step back in time. Volunteers do all the heavy lifting, and there are a lot of working parts, most of which are coated in soot. If you don't know what you're doing, the job of steam locomotive engineer can be dangerous, and keeping the gauges at the proper levels of pressure are of vital importance. Brother Art revels

"There's a lot to learn. I mean, yeah, you can read a book about it, but until you actually pull the throttle on one, you don't know how to run one," Art said. "Person-

ally, diesels don't interest me much. They're so darn easy to run "

Brother Art says this with a smile. Since retiring in June 2012, Art has spent most of his days at the Colorado Railroad Museum as a volunteer. This past year, over 100,00 people visited the museum, mostly on Saturdays, because that's when the trains run. "Steam up Saturdays," the museum calls them. Art, who for 35 years worked in nearby Fort Collins, most of that as a track foreman for BNSF, is one of five volunteers who are capable of running the museum's fleet of steam engines. He also is the museum's track foreman, and his 10-man team of gandy dancers have built a considerable portion of the property's tracks.

Eight years ago, the Colorado Railroad Museum called Brother Art and asked for his help. They had volunteers who knew trains, but they needed a track guy. Badly. Because the museum operates all its antique trains on three-foot narrow gauge track, a lot of the rail components are relics, rendering track work and maintenance expertise difficult to find. Art was the perfect man for the job.

"I saw how woefully bad they needed someone who knew track work, and I've been here ever since," said Art, a member of Burlington System Division Local Lodge 14. In those eight years, he and his crew of volunteers have improved things considerably.

"There's no track at the railroad museum under FRA Class 3 specs,"



Brother Art Mitchell, retired from Burlington System Division Lodge 14, stands beside the Denver & Rio Grade Western No. 346 on the grounds of the Colorado Railroad Museum in Golden.



Brother Art shovels coal into the engine's firebox. It is important to keep the burning coal evenly spread to avoid cool spots.



Engine No. 346 was a captivating sight chugging over snow-covered track.

Art said. "Of course, we're not going to do anything over 40 mph, but we're qualified for it."

When Art walks the tracks at the museum, he can point to various segments and easily recall where and when he found and installed the upgrades. A lot of the rail, ties, switch points and frogs came from old material off the Colorado & Southern (later the BNSF), where Art began his career in 1969. Many pieces of rail that were destined for the scrap yard, Art was able to persuade the roadmaster to give to him instead. Art, in turn, not only donated the rail to the museum, but helped install it. Several of the pieces were old track components that

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Art Mitchell, Continued from Page 25



Volunteers use the manually-powered turntable to spin the No. 346 into position.

are almost impossible to find, making his donations a particularly valuable coup for the museum.

But if you press Brother Art for his real passion, he'll tell you it's engineering the steam locomotives. The Denver & Rio Grande Western 346 that he drove this past Christmas on special "Santa Express" runs is one of his favorites, and Art can detail its great history.

Built July 9, 1881 by the Baldwin Locomotive Works in Philadelphia, the engine was one of the biggest and most powerful of its time. Used on the old D&RG to negotiate the steep inclines of the San Juan Mountains to the Cumbres Pass, the locomotive was instrumental in moving freight into new, previously unreachable areas.

Inside the locomotive, etched in the handle of the throttle and still visible today, are the initials of engineer Eugene McGowan, who presumably carved them there sometime in the early to mid-1930s. On July 25, 1936, Engineer McGowan was killed when the 346 derailed near the summit of Kenosha Pass. After the tragic derailment, the 346 was repaired and used mostly as a switch engine in Durango until it was eventually replaced by diesel locomotives.

The volunteers at the Colorado Railroad Museum have restored the 346 into her former glory, and Brother Art can't rave enough about the work the mechanics have done to get the engine up and chugging. Art heaps a lot of praise on Master Mechanic Mike Spera, who he says has been invaluable to the museum.

"Mike has this engine running

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the best I've seen it since I've been here," Art said. "It really is a great testament to him and his team."

An even bigger and more astonishing project awaits inside the roundhouse building, and Art can hardly conceal his excitement for the behemoth. Restoring the Denver and Rio Grande Western No. 491 is a monumental achievement for the museum, and Art speculates that the work will be finished by this spring. He is excited.

"There were only 10 made like it, only eight are surviving, and, when finished, the 491 will be the only one operational," he said. "It

will be the largest operating narrow gauge steam engine in the Western Hemisphere." The 491 last steamed up in 1966.

For Art, volunteering at the museum is a part of him that he can't let lie dormant. It's in his blood. His grandfather ran the last steam locomotive used in Massachusetts, at the now closed Fletchers Quarry. When Art speaks of being able to run the 491 in just a few short weeks, he wears his excitement like a conductor wears overalls. Art has been a train fan for a long time. If you get a chance, you should let him take you for a ride.



Above: The No. 346 stops at the water tower to fill up.

Bottom: Brother Art enjoys the view as only the engineer can while taking the No. 346 for a spin.



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New Allied Federation Local Lodge 2432 Chartered in Waco, Texas

The newly chartered Local Lodge 2432 held their first meeting and elected officers on Dec. 14, 2013. Petition for the new local lodge was approved after members lobbied for a lodge closer to their work location. Prior to the new lodge being established the closest lodge was nearly 200 miles away.

Many of the members transferring to the new lodge are from the former Southwestern Federation, who have found it hard to attend in the past due to the hardship created from the distance to the closest lodge in Dennison, Texas.

Allied Federation Vice Chairman Pete Amaro had been attempting to get the signatures necessary to petition for a new lodge in Waco but had found it difficult until the Southwestern Federation merged with the Allied last year.

Brother Amaro offered, "The members of the newly formed lodge are glad to have a lodge close enough for them to attend and are eager to take part. I would like to especially thank Brother Tony "Red" Lowe, who was instrumental in getting the required signatures to petition for the lodge. I'm confident the new lodge in Waco will continue to grow."

Allied Federation Vice Chairmen Pete Amaro and Bubba Foehr were on hand for the election and installation of officers.

The newly elected lodge officers are:

President, Tony "Red" Lowe Vice President, Larry Donaldson, Secretary-Treasurer Derrick Drews



Pete Amaro far left, Bubba Foehr far right, with members of Lodge 2432.



Left to right, Vice President Larry Donaldson, President Tony Lowe, Secretary-Treasurer Derrick Drews, Vice Chairman Pete Amaro.



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